

Now you can start with ruining for condition.
Run 2-3 times a week in the way I will tell you.

1st week:

Monday 8 * 5 minutes run with 5 minutes rest between the ruining periods . The rest does not mean absolute rest, but rest with stretching and walking and breathing.

Wednesday- The same

Friday 4 * 10 minutes run with 5 minutes rest between the running periods . The rest does not mean absolute rest, but rest with stretching and walking and breathing.

Tuesday, Thursday, Saturday -ball feeling exercises, which I will tell you about later.

2nd week:

Monday 4* 10 minutes run with 5 minutes rest between the ruining periods . The rest does not mean absolute rest, but rest with stretching and walking and breathing.

Tuesday, Thursday, Saturday -ball feeling exercises, which I will tell you about later.

Wednesday 4* 10 minutes run with 5 minutes rest between the running periods . The rest does not mean absolute rest, but rest with stretching and walking and breathing. Tuesday, Thursday, Saturday -ball feeling exercises, which I will tell you about later.

Friday 2*15 minutes running with 5 minutes rest between the running periods .The rest does not mean absolute rest, but rest with stretching and walking and breathing. Tuesday, Thursday, Saturday - ball feeling exercises, which I will tell you about later.

3rd week:

Monday 2*20 minutes running with 5 minutes rest between the running periods .The rest does not mean absolute rest, but rest with stretching and walking and breathing.

Wednesday 2*20 minutes running with 5 minutes rest between the running periods .The rest does not mean absolute rest, but rest with stretching and walking and breathing

Friday 2*20 minutes running with 5 minutes rest between the running periods . The rest does not mean absolute rest, but rest with stretching and walking and breathing ,
Tuesday, Thursday, Saturday -ball feeling exercises, which I will tell you about later.

4th week:

Monday 5* 10 setups, 5* 10 break downs from standing, 5* 10 push up

Wednesday 1 *30 minutes running with 5 minutes rest before and after the actual run filed with stretching, walking and breathing

Friday 5*10 setups,5*10 break downs from standing,5*10 push up Tuesday, Thursday,

Saturday -ball feeling exercises, which I will tell you about later Monday 5*10

setups,5*10 break downs from standing, 5*10 push up

Wednesday 1 *30 minutes running with 5 minutes rest before and after the actual run filed with stretching, walking and breathing

Friday 5*12 setups, 5*12 break downs from standing, 5 * 12 push up

Tuesday, Thursday, Saturday -ball feeling exercises, which I will tell you about later

5th week:

Monday 5*12 setups,5*12 break downs from standing,5*12 push up

Wednesday 1 *30 minutes running with 5 minutes rest before and after the actual run filed with stretching, walking and breathing

Friday 5*14 setups,5*14 break downs from standing,5*14 push up

This is for now for the conditioning. Lets see can you do this and after that I will continue to write you more.

For the exercises for ball feeling you can practice with the with cord I mentioned on the camp. If you do not have this type of ball you can use a wall. Just stay like three steps away from the wall, throw the ball first strait to the wall and catch it. Do it as long as you feel pleasure. After that make combination, throw it the same way and after the catching bounce it once in the ground and then repeat it again.

Do it as long as you feel pleasure. Then take rest with bouncing the ball in the ground and catching. You can variate the bouncing strong and not so.

If the bouncing is strong let the ball go in front of your face and then catch it. Bounce the ball on your left and right side and catch it.

Then make it more difficult bounce it one the right side back turn fast and catch it on your left side. Do it and opposite.

Then you can make again the exercise with the wall, throw, catch and bounce faster than the last time. Those are exercises not for one session but for the all period. You can make it as long as you like but remember to increase the tempo after the 3rd time of repetition. The tempo should be this that you 'can make the exercise easily, without mistakes.

There are a few more exercises for you.

Put the ball on the ground in front of you. Then jump with both legs over the ball from the left side to right and back for 15-20 times.

Take a rest and repeat it again 2-3 times more.

Do the same but jump forwards and backwards over the ball. This jump exercises do not make one by one. Varyate them with something else from the rest.

You can make the jumps on later stage with one leg only.

Another exercise :Put two ball 3 steps far from each other. Go between them then take the left with you left palm and go for the right with your right palm. Something else you can do is break down and dive to the left ball and fast standing up then to the right ball the same. This is very existing so do it not for a long time and then make something else (do not forget to take a breath) for instance bouncing and catching or lay down on your back with ball in your hands. Then push the ball and when it gets back catch it and do it again and again without hiring.

That it is for now.

I hope you can understand everything. If not do not afraid just ask me.

I wish you good luck. And know when you want to become a real pro athlete you have to work really hard and this will take a lot of your free time, but its worth.

We will keep in touch.

Greetings to all your family and all my friends there.

Your good friend,

Stan