

Week 4 - Day 3

Work	Sets	Reps	Rest
Ball Mastery 8			
3 Pt. Turn Inside	4	30 sec	15 sec
3 Pt. Turn Outside	4	30 sec	15 sec
3 Pt. Turn Outside to Inside	4	30 sec	15 sec
3 Pt. Turn Inside to Outside	4	30 sec	15 sec
3 Pt. 360 Shuffle	4	30 sec	15 sec
Passing and Receiving			
<u>Receive Inside Pass Same Foot</u>	2	90 sec	30 sec
<u>Receive Inside Pass Opp Foot</u>	2	90 sec	30 sec
<u>Receive Inside Pass Same/Out</u>	2	90 sec	30 sec
<u>Receive Outside Pass Same Foot</u>	2	90 sec	30 sec
<u>Receive Sole Pass Opposite Foot</u>	2	90 sec	30 sec
<u>Receive Cruyff Pass Opp Foot</u>	2	90 sec	30 sec
Turns 2			
<u>Cruyff</u>	2	10	30 sec
<u>Cruyff Touch</u>	2	10	30 sec
<u>Stepover</u>	2	10	30 sec
<u>Stepover Same Foot</u>	2	10	30 sec
<u>Fake Pass</u>	2	10	30 sec
Strength (Core Circuit)			
Russian Twists	3	20	1 min b/t Rounds
Row Boats	3	20	
Leg Lifts	3	20	
Glute Bridge	3	20	

