

Week 1 - Day 2

Work	Sets	Reps
Ball Mastery 5		
<u>Lunge Touches</u>	2	30
<u>Scissor Touches</u>	2	30
<u>Stepover Touches</u>	2	30
<u>Ronaldo Touches</u>	2	30
<u>Fake Kick Touches</u>	2	30
Ball Mastery 6		
<u>V-Pull Back Inside</u>	2	30
<u>V-Pull Back Outside</u>	2	30
<u>V-Pull Back Across</u>	2	30
<u>V-Dance</u>	2	15 per foot
<u>V-Dance both feet</u>	2	30
Volleys		
<u>Inside Foot Volleys</u>	2	20 each foot
<u>Laces Volleys</u>	2	20 each foot
Juggling		
Right Foot	2	25
Left Foot	2	25
Right Thigh	2	25
Left Thigh	2	25
Freestyle	1	5 mins
Strength		
<u>Burpees</u>	3	5
<u>Walking Lunge</u>	4	10 - 15 yards
<u>Push Up</u>	2	10
<u>Sit Ups</u>	3	10