

Week of 8/10

Work	Sets	Reps	Rest
Warm-up			
<u>Inside/Outside Combination</u>	2	30 sec	15 sec
<u>Scissor Touches</u>	2	30 sec	15 sec
<u>Lunge Touches</u>	2	30 sec	15 sec
<u>Ronaldo Touches</u>	2	30 sec	15 sec
Dribbling/Moves Feints		Head on at an Opponent	
<u>Scissor</u>	2	10	30 sec
<u>Stanley Matthews</u>	2	10	30 sec
<u>Lunge</u>	2	10	30 sec
<u>Shift Push</u>	2	10	30 sec
Passing Long Range		Use a partner or wall (alternate feet)	
Clipped/Chipped Ball	2	5 min	
Driven Ball	2	5 min	
Dribbling Moves/Feints		Head on at an Opponent	
<u>Ronaldo Chop</u>	2	10	30 sec
<u>Scissor/Ronaldo</u>	2	10	30 sec
2 Combo Moves (Player's Choice)	2	10	30 sec
Fitness			
Full Field Strides	8-10		30 sec
Stride (about 60-70% of a sprint) from one endline to the other on a soccer field.			
Strength (Circuit)			
Push Ups	4	10	30 sec b/t round
Glute Bridge	4	10	
Squats	4	25	

