

## Week of 8/17

Work	Sets	Reps	Rest
<b>Warm-up</b>			
<u>Shuffle</u>	2	30 sec	15 sec
<u>Shuffle Scissors</u>	2	30 sec	15 sec
<u>Shuffle Swivel</u>	2	30 sec	15 sec
<u>Shuffle Roll Stepoever</u>	2	30 sec	15 sec

### Passing Long Range

**Use a partner**

Practice the Driven Ball Test: Set up 2- 10 x 10 boxes, 30 - 40 yards a part.

Clipped/Chipped Ball	2	5 min R, 5 min L
Low Driven Ball	2	5 min R, 5 min L

### Passing and Receiving

**Use a partner**

<u>Receive Inside Pass Same Foot</u>	2	90 sec	30 sec
<u>Receive Inside Pass Opposite Foot</u>	2	90 sec	30 sec

### Passing Long Range

Perform the test (2X)

Clipped/Chipped Ball	2	5 R, 5 L
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### Fitness

18 and backs	2	3 min	3 min
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Endline to 18 and back for endline. Each time you get back to endline = 1. Goal = 38 reps

### Strength (Circuit)

Knee ups	5	4	5 Rounds as circuit
Pushups	5	6	
Lung Jumps	5	8	
Mountain Climbes	5	10	
Russian Twists	5	12	

