

## Week of 8/25

Work	Sets	Reps	Rest
<b>Warm-Up</b>		<b>Dynamic stretching in between</b>	
Every 3 or 4 touches, perform the assigned exercises			
<u>3 Point Turn Inside</u>	2	30 sec	15 sec
<u>3 Point Turn Outside</u>	2	30 sec	15 sec
<u>3 Point Turn Outside to Inside</u>	2	30 sec	15 sec
Juggling	1	2 min	
<b>Receiving to Face Forward</b>		<b>Use a partner or Wall</b>	
Pass back and forth one touch. Every few passes turn to face forward			
Dribble out and then turn back and continue passing. Always look before you turn.			
Receive Back Foot to turn, Outside Chop		3 min	
Receive Back Foot to turn, Cruyff		3 min	
Receive Back Foot to turn, Cruyff		3 min	
<b>P &amp; R Volleys</b>		<b>Use a partner</b>	
<u>Inside Foot Volleys</u>	1	20 Each Foot	30 sec
<u>Inside Foot Half Volleys</u>	1	20 Each Foot	30 sec
<u>Inside Foot Laces</u>	1	20 Each Foot	30 sec
<b>Receiving to Face Forward</b>		<b>Use a partner or Wall</b>	
Pass back and forth one touch. Every few passes turn to face forward			
Dribble out and then turn back and continue passing. Always look before you turn.			
Receive Inside Foot to turn, Take Touch Across body, Stepover Turn			
Receive Outside Foot to turn, U-Turn			
<b>Fitness</b>			
6-18-Half Full	6		90 sec - 2 min
On a soccer field: Run to the 6 yard line and back, then the 18 and back, etc....			
Goal should be 75 seconds or less			

