

Week 1 - Day 1

Work	Sets	Reps	Rest
Ball Mastery 3			
<u>Shuffle Scissors</u>	4	30 sec	15 sec
<u>Shuffle Swivel</u>	4	30 sec	15 sec
<u>Shuffle Roll Stepmover</u>	4	30 sec	15 sec
<u>Shuffle V-Pull Back</u>	4	30 sec	15 sec
<u>Shuffle Carioca</u>	4	30 sec	15 sec
Passing and Receiving			
<u>Receive Inside Pass Same Foot</u>	2	90 sec	30 sec
<u>Receive Inside Pass Opposite Foot</u>	2	90 sec	30 sec
<u>Receive Inside Pass Same Foot 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 Opposite Foot</u>	2	90 sec	30 sec
Juggling			
Right Foot Only	3	90 sec	
Left Foot Only	3	90 sec	
Alternating Feet	3	90 sec	
2 Touch Alternating Feet	3	90 sec	
Strength (Circuit)			
Push ups	4	10	45 sec b/t rounds
Glute Bridge	4	10	
Squats	4	25	