

Week 4 - Day 3

Work	Sets	Reps
Juggling		
<u>Right Foot</u>	3	25
<u>Left Foot</u>	3	25
<u>Freestyle</u>	3	25
Ball Mastery 8		
<u>3 Point Turn Inside</u>	2	30
<u>3 Point Turn Outside</u>	2	30
<u>3 Point Turn Outside to Inside</u>	2	30
<u>3 Point Turn Inside to Outside</u>	2	30
<u>3 Point 360 Shuffle</u>	2	30
Passing and Receiving		
<u>Receive Inside Pass Same Foot</u>	3	6
<u>Receive Inside Pass Opposite Foot</u>	3	6
<u>Receive Outside Pass Same Foot</u>	3	6
<u>Receive Sole Pass Opposite Foot</u>	3	6
<u>Receive Cruyff Pass Opposite Foot</u>	3	6
Speed Ladder		
<u>Two Foot Forwards</u>	2	20 secs
<u>Two Foot Sideways</u>	2	20 secs
<u>Two Footed Hop</u>	2	20 secs
<u>One Footed Hop</u>	2	20 secs
<u>In and Out</u>	2	20 secs
Turns Mix		
<u>Stepover Same Foot</u>	2	6 each foot
<u>Inside</u>	2	6 each foot
<u>Outside Hook</u>	2	6 each foot
<u>Cruyff</u>	2	6 each foot
<u>U-Turn</u>	2	6 each foot