

Week 5 - Day 2

Work	Sets	Reps	Rest
Ball Mastery 6			
<u>V-Pull Back Inside</u>	4	30 sec	15 sec
<u>V-Pull Back Outside</u>	4	30 sec	15 sec
<u>V-Pull Back Across</u>	4	30 sec	15 sec
<u>V-Dance</u>	4	30 sec	15 sec
<u>V-Dance Both Feet</u>	4	30 sec	15 sec
Moves 4			
<u>Scissor/Ronaldo</u>	2	10	30 sec
<u>Stepover/Scissor</u>	2	10	30 sec
<u>Ronaldo/Maradona</u>	2	10	30 sec
<u>Snake Inside</u>	2	10	30 sec
<u>Snake Outside/In</u>	2	10	30 sec
Ball Striking			
Shot for Power	1	20 each foot	
Driven ball low	1	20 each foot	
Driven ball in air	1	20 each foot	
Chip with laces	1	20 each foot	
Juggling			
Right Foot	4	30 sec	
Left Foot	4	30 sec	
Alternating Feet	4	30 sec	
3 Small, 1 Big	4	30 sec	
Freestyle	4	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.			

