


Week of 10/5

Work	Sets	Reps	Rest
Warm-Up		Dynamic stretching in between	
<u>Inside/Outside Combination</u>	2	30 sec	15 sec
<u>Cruyff</u>	2	10	30 sec
<u>Stepover</u>	2	10	30 sec
Juggling Alternating Feet	2	2 min	
Passing		Crossing	
Set up a target zone with cones or have a partner.			
Perform a wall pass and then cross. Or receive a ball off of a partner and dribble to cross.			
Wide Channel Cross	2	10	
Box Cross/Cut Back	2	10	
Dribbling/Moves		To Create a Cross	
<u>Scissor</u>	2	10	30 sec
<u>Stanley Matthews</u>	2	10	30 sec
<u>Lunge</u>	2	10	30 sec
Passing		Crossing	
Set up a target zone with cones or have a partner.			
Perform move and cross into target or partner.			
Wide Channel Cross	2	10	
Box Cross/Cut Back	2	10	
Fitness			
Mountain Climbers 	3	60 sec	60 sec b/t each round
Squat Jumps	3	60 sec	
Russian Twists	3	60 sec	
Speed Skaters	3	60 sec	
Planks	3	60 sec	

