

Week of 7/27

Work	Sets	Reps	Rest
Moves to Create Shot			
<u>Scissor</u>	2	10	30 sec
<u>Shift Push</u>	2	10	30 sec
<u>Stanley Matthews</u>	2	10	30 sec
<u>Lunge</u>	2	10	30 sec
<u>Ronaldo Chop</u>	2	10	30 sec
<u>Scissor/Ronaldo</u>	2	10	30 sec
<u>Ball Striking</u>			
Uses moves above before shot- Drive at a cone, perform a move, and shoot			
Shot for Power	1	20 each foot	
Henry Finish (bent ball)	1	20 each foot	
Fitness			
Half Field Sprints	1	12 runs	30 Sec
From endline, sprint through half field. Aiming for 6-8 seconds			

