

Week 2 - Day 2

Work	Sets	Reps	Rest
Ball Mastery 4			
<u>Inside/Outside</u>	4	30 sec	15 sec
<u>Double Inside/Outside</u>	4	30 sec	15 sec
<u>Inside/Outside Combination</u>	4	30 sec	15 sec
<u>Push Stops</u>	4	30 sec	15 sec
<u>Push Stop Cuts</u>	4	30 sec	15 sec
Volleys			
<u>Inside Foot Volleys</u>	2	10	20 sec
<u>Inside Foot Half Volleys</u>	2	10	20 sec
<u>Laces Volleys</u>	2	10	20 sec
<u>Thigh/Foot Volleys</u>	2	10	20 sec
<u>Chest/Thigh/Foot Volleys</u>	2	10	20 sec
Turns 2			
<u>Cruyff</u>	2	10	30 sec
<u>Cruyff Touch</u>	2	10	30 sec
<u>Stepover</u>	2	10	30 sec
<u>Stepover Same Foot</u>	2	10	30 sec
<u>Fake Pass</u>	2	10	30 sec
Strength (Circuit)			
Push Ups	4	10	30 sec b/t round
Glute Bridge	4	10	
Squats	4	25	

