

## Week 3 - Day 3

Work	Sets	Reps	Rest
<b>Ball Mastery 7</b>			
<u>Rolls</u>	4	30 sec	15 sec
<u>Roll Inside/Outside</u>	4	30 sec	15 sec
<u>Roll Stops</u>	4	30 sec	15 sec
<u>Roll Stepmover</u>	4	30 sec	15 sec
<u>Roll Inside Scissor</u>	4	30 sec	15 sec
<b>Moves 4</b>			
<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
<b>Turns 2</b>			
<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
<b>Fitness</b>			
18 and Backs Test	3	3 min	3 min

Run from the endline to the 18 and back for 3 min. 3 min rest b/t sets.

Every time you go from endline to 18 and back counts for 1. Goal=19 per round.

