

Week of 9/7

Work	Sets	Reps	Rest
Warm-Up		Dynamic stretching in between	
Every 3 or 4 touches, perform the assigned exercises			
<u>3 Point Turn Inside</u>	2	30 sec	15 sec
<u>3 Point Turn Outside</u>	2	30 sec	15 sec
<u>3 Point Turn Outside to Inside</u>	2	30 sec	15 sec
Juggling	1	2 min	
Receiving to Turn		Under Pressure from behind	
Use a Partner or Wall			
Receive ball with imaginary pressure from behind. Get sideways on. Wide stance.			
Receive Ball, Dribble out, Dribble Back, and Pass			
Receive with the Outside Foot	3	90 sec	20 sec
Receive with Inside Foot Across Body	3	90 sec	20 sec
Finishing			
Inside Foot Bent Ball (Henry Finish)	1	5 min	
Off the dribble or receive a pass to shoot			
Receiving to Turn		Under Pressure from behind	
Use a Partner or Wall			
Receive ball with imaginary pressure from behind. Get sideways on. Wide stance.			
Receive Ball & Turn, Dribble out & Turn, Dribble Back, and Pass.			
Receive Outside Foot	3	90 sec	20 sec
Receive Inside Foot Across Body	3	90 sec	20 sec
Fitness			
Cones	10	35 sec	30-60 sec
Set cones at 5, 10, 15, 20, 25 yards			
Run 5 + back, 10 + back, 15 + back, etc.			
Goal is to finish each rep in under 35 seconds			

