


Week 3 - Day 1



Work	Sets	Reps
Ball Mastery 2		
<u>Shuffle Pull Push</u>	2	30
<u>Shuffle Stops</u>	2	30
<u>Shuffle Pull Outs</u>	2	30
<u>Shuffle Side Foot</u>	2	30
<u>Shuffle Roll</u>	2	30
Speed & Acceleration		
<u>Kneel Stand Sprint</u>	6	-
<u>Deceleration Shuttles</u>	3	-
<u>Lateral Shuttle</u>	3	-
Passing and Receiving		
<u>Receive Inside Pass Same Foot</u>	3	6
<u>Receive Inside Pass Opposite Foot</u>	3	6
<u>Receive Outside Pass Same Foot</u>	3	6
<u>Receive Sole Pass Opposite Foot</u>	3	6
<u>Receive Cruyff Pass Opposite Foot</u>	3	6
Moves Mix		
<u>Lunge</u>	2	45 secs
<u>Scissor</u>	2	45 secs
<u>Stanley Matthews</u>	2	45 secs
<u>Ronaldo Chop</u>	2	45 secs
<u>Roll Touch</u>	2	45 secs
Turns Mix		
<u>Stepover Same Foot</u>	2	6 each foot
<u>Inside</u>	2	6 each foot
<u>Outside Hook</u>	2	6 each foot
<u>Cruyff</u>	2	6 each foot
<u>U-Turn</u>	2	6 each foot