

## Week 3 - Day 3

Work	Sets	Reps
<b>Speed &amp; Acceleration</b>		
<a href="#">Shuttles</a>	3	-
<a href="#">Speed T Var. 1</a>	3	-
<a href="#">Speed T Var. 2</a>	3	-
<b>Ball Mastery 8</b>		
<a href="#">3 Point Turn Inside</a>	2	30
<a href="#">3 Point Turn Outside</a>	2	30
<a href="#">3 Point Turn Outside to Inside</a>	2	30
<a href="#">3 Point Turn Inside to Outside</a>	2	30
<a href="#">3 Point 360 Shuffle</a>	2	30
<b>Passing and Receiving</b>		
<a href="#">Receive Inside Pass Same Foot</a>	3	6
<a href="#">Receive Inside Pass Opposite Foot</a>	3	6
<a href="#">Receive Outside Pass Same Foot</a>	3	6
<a href="#">Receive Sole Pass Opposite Foot</a>	3	6
<a href="#">Receive Cruyff Pass Opposite Foot</a>	3	6
<b>Speed Ladder</b>		
<a href="#">Crossover</a>	2	20 secs
<a href="#">Reverse Crossover</a>	2	20 secs
<a href="#">Foot Exchange</a>	2	20 secs
<a href="#">Hip Twist</a>	2	20 secs
<a href="#">Two Fwd One Back</a>	2	20 secs
<b>Turns Mix</b>		
<a href="#">Stepover Same Foot</a>	2	6 each foot
<a href="#">Inside</a>	2	6 each foot
<a href="#">Outside Hook</a>	2	6 each foot
<a href="#">Cruyff</a>	2	6 each foot
<a href="#">U-Turn</a>	2	6 each foot