

## Week 3 - Day 2

Work	Sets	Reps
<b>Ball Mastery 4</b>		
<u>Inside/Outside</u>	2	30
<u>Double Inside/Outside</u>	2	30
<u>Inside/Outside combination</u>	2	30
<u>Push Stops</u>	2	30
<u>Push Stop Cuts</u>	2	30
<b>Speed Ladder</b>		
<u>Lateral In and Out</u>	2	20 secs
<u>Single Leg In and Out</u>	2	20 secs
<u>Icky Shuffle</u>	2	20 secs
<u>Backwards Icky Shuffle</u>	2	20 secs
<u>Carioca</u>	2	20 secs
<b>Volleys</b>		
<u>Inside Foot Volleys</u>	2	20 each foot
<u>Laces Volleys</u>	2	20 each foot
<b>Juggling</b>		
<u>Right Foot</u>	2	25
<u>Left Foot</u>	2	25
<u>Right Thigh</u>	2	25
<u>Left Thigh</u>	2	25
<u>Freestyle</u>	1	5 mins
<b>Moves Mix</b>		
<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