

Week 4 - Day 2

Work	Sets	Reps
Ball Mastery 6		
<u>V-Pull Back Inside</u>	2	30
<u>V-Pull Back Outside</u>	2	30
<u>V-Pull Back Across</u>	2	30
<u>V-Dance</u>	2	30
<u>V-Dance Both</u>	2	30
Speed Ladder		
<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
Volleys		
<u>Inside Foot Volleys</u>	2	20 each foot
<u>Laces Volleys</u>	2	20 each foot
Juggling		
<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
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