

Week 3 - Day 3

Work	Sets	Reps
Ball Mastery		
<u>Shuffles</u>	2	30
<u>Toe Taps</u>	2	30
<u>Push Pull Inside</u>	2	30
<u>Push Pull Outside</u>	2	30
<u>Push Pull Both</u>	2	30
Ball Mastery		
<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
Volleys		
<u>Inside Foot Volleys</u>	2	10
<u>Inside Foot Half Volleys</u>	2	10
<u>Laces Volleys</u>	2	10
<u>Thigh/Foot Volleys</u>	2	10
<u>Chest/Thigh/Foot Volleys</u>	2	10
Juggling		
Right Foot	5 min	
Left Foot	5 min	
Freestyle	5 min	

