

Week 5 - Day 3

| Work | Sets | Reps | Rest |
|---|------|-------------|--------|
| Ball Mastery 7 | | | |
| <u>Rolls</u> | 4 | 30 sec | 15 sec |
| <u>Roll Inside/Outside</u> | 4 | 30 sec | 15 sec |
| <u>Roll Stops</u> | 4 | 30 sec | 15 sec |
| <u>Roll Stepmover</u> | 4 | 30 sec | 15 sec |
| <u>Roll Inside Scissor</u> | 4 | 30 sec | 15 sec |
| Moves 3 | | | |
| <u>Fake Kick Push</u> | 2 | 10 | 30 sec |
| <u>Shift Push</u> | 2 | 10 | 30 sec |
| <u>Maradona</u> | 2 | 10 | 30 sec |
| <u>Stanley Matthews</u> | 2 | 10 | 30 sec |
| <u>Roll Stepmover</u> | 2 | 10 | 30 sec |
| Turns 2 | | | |
| <u>Cruyff</u> | 2 | 10 | 30 sec |
| <u>Cruyff Touch</u> | 2 | 10 | 30 sec |
| <u>Stepover</u> | 2 | 10 | 30 sec |
| <u>Stepover Same Foot</u> | 2 | 10 | 30 sec |
| <u>Fake Pass</u> | 2 | 10 | 30 sec |
| Strength | | | |
| Burpess | 4 | 5 | 30 sec |
| Walking Lunge | 8 | 10-15 yards | 20 sec |
| Push Ups | 4 | 10 | 30 sec |
| Sit Ups | 4 | 10 | 30 sec |
| Squats | 4 | 20 | 30 sec |
| Fitness | | | |
| Fartlek Run | | | |
| 30 min Run- :20 sec of Sprinting every 3:00 | | | |

