

Week 2 - 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 Stepover</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 Stepover</u>	2	10	30 sec
Turns 1			
<u>Sole Stops</u>	2	10	30 sec
<u>Inside</u>	2	10	30 sec
<u>Outside Hook</u>	2	10	30 sec
<u>Pull Back</u>	2	10	30 sec
<u>U-Turn</u>	2	10	30 sec
Strength (Circuit)			
Mountain Climbers	3	45 sec	15 sec
Squat Jumps	3	45 sec	15 sec
Russian Twists	3	45 sec	15 sec
Speed Skaters	3	45 sec	15 sec
Up Down Planks	3	45 sec	15 sec
Side Plank	3	45 sec	15 sec

