

Week 4 - Day 1

Work	Sets	Reps	Rest
Ball Mastery 5			
<u>Lunge Touches</u>	4	30 sec	15 sec
<u>Scissor Touches</u>	4	30 sec	15 sec
<u>Stepover Touches</u>	4	30 sec	15 sec
<u>Ronaldo Touches</u>	4	30 sec	15 sec
<u>Fake Kick Touches</u>	4	30 sec	15 sec
Passing and Receiving			
<u>Receive Inside Pass Same Foot</u>	2	90 sec	30 sec
<u>Receive Inside Pass Opposite Foot</u>	2	90 sec	30 sec
<u>Receive Inside Pass Same/Out</u>	2	90 sec	30 sec
<u>Receive Outside Pass Same Foot</u>	2	90 sec	30 sec
<u>Receive Sole Pass Opposite Foot</u>	2	90 sec	30 sec
<u>Receive Cruyff Pass Opposite Foot</u>	2	90 sec	30 sec
Volleys			
<u>Inside Foot Volleys</u>	2	10	20 sec
<u>Inside Foot Half Volleys</u>	2	10	20 sec
<u>Laces Volleys</u>	2	10	20 sec
<u>Thigh/Foot Volleys</u>	2	10	20 sec
<u>Chest/Thigh/Foot Volleys</u>	2	10	20 sec
Strength (Circuit)			
Body Weight Squats	3	10	1 min b/t rounds
Up/Down Planks	3	10 Each	
Planks	3	60 sec	
Lunge Jumps	3	20 sec	
Bicycle Crunches	3	20 Eaach	
Side Plank	3	30 sec Each	
Mountain Climbers	3	20	
Tempo Run			
30 min: 16 min, 14 min back			

