

Week 3 - Day 1

Work	Sets	Reps	Rest
Ball Mastery 6			
<u>V-Pull Back Inside</u>	4	30 sec	15 sec
<u>V-Pull Back Outside</u>	4	30 sec	15 sec
<u>V-Pull Back Across</u>	4	30 sec	15 sec
<u>V-Dance</u>	4	30 sec	15 sec
<u>V-Dance Both Feet</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
Shooting			
Shot for Power	1	20 each foot	
Driven ball low	1	20 each foot	
Driven ball in air	1	20 each foot	
Chip with laces	1	20 each foot	
Strength (Circuit)			
Box Jumps	5	5	1 min b/t rounds
Push Ups	5	6	
Lunge Jumps	5	8	
Mountain Climbers	5	10 each	
Russian Twists	5	12 each	

