

Week of 9/14

Work	Sets	Reps	Rest
Warm-Up		Dynamic stretching in between	
Juggling- 5 touches, pop it up, and take it out of the air on the dribble.			
<u>Inside/Outside Combination</u>	2	30 sec	15 sec
<u>Rolls Stops</u>	2	30 sec	15 sec
<u>Roll Stepmover</u>	2	30 sec	15 sec
<u>Cruyff Touch</u>	2	10 turns	15 sec
<u>Outside Hook</u>	2	10 turns	15 sec
Receiving out of the Air		Use a partner	
Have the Partner toss, kick, or throw the ball into specific body part to receive			
Get the ball to the ground and pass back. Vary the height, weight, and trajectory of ball.			
Receive Inside Foot	3	10	30 sec
Receive with Thigh	3	10	30 sec
Receive with Chest	3	10	30 sec
Moves to create a cross			
<u>Lunge</u>	1	10	30 sec
<u>Stop Push</u>	1	10	30 sec
<u>Stop Drag</u>	1	10	30 sec
<u>Inside Chop</u>	1	10	30 sec
Receiving out of the Air		Use a partner	
Set up 2- 5 x 5 boxes, 30 - 40 yards a part.			
Look to receive ball in box in 1 touch.			
Clipped/Chipped Ball	2	5 min R, 5 min L	30 sec
Fitness			
6-18-Half- Full	6	75 sec	90 sec
On a field, run out the 6 yard line and back, then out to the 18 and back, then out to the Halfway line and back, then full field and back. That = 1 rep			