

Week 1 - Day 3

Work	Sets	Reps
Ball Mastery 3		
<u>Shuffle Scissors</u>	2	30
<u>Shuffle Swivel</u>	2	30
<u>Shuffle Roll Stepmover</u>	2	30
<u>Shuffle V-Pull Back</u>	2	30
<u>Shuffle Carioca</u>	2	30
Ball Mastery 4		
<u>Inside/Outside</u>	2	RF, LF, 15
<u>Double Inside/Outside</u>	2	RF, LF, 15
<u>Inside/Outside Combination</u>	2	20
<u>Push Stops</u>	2	Alternate feet, 20
<u>Push Stop Cuts</u>	2	Alternate feet, 20
Passing and Receiving		
<u>Receive Inside Pass Same Foot</u>	5	6
<u>Receive Inside Pass Opposite Foot</u>	5	6
<u>Receive Outside Pass Same Foot</u>	5	6
<u>Receive Sole Pass Opposite Foot</u>	5	6
<u>Receive Cruyff Pass Opposite Foot</u>	5	6
Moves 2		
<u>Scissor</u>	2	45
<u>V-Pull Back Inside</u>	2	45
<u>V-Pull Back Outside</u>	2	45
<u>Ronaldo Chop</u>	2	45
<u>Stepover</u>	2	45
Turns 2		
<u>Cruyff</u>	2	6 each foot
<u>Cruyff Touch</u>	2	6 each foot
<u>Stepover</u>	2	6 each foot
<u>Stepover Same Foot</u>	2	6 each foot
<u>Fake Pass</u>	2	6 each foot

