

Week of 8/3

Work	Sets	Reps	Rest
Warm-up			
<u>Inside/Outside</u>	2	30 sec	15 sec
<u>Double Inside/Outside</u>	2	30 sec	15 sec
<u>Inside/Outside Combination</u>	2	30 sec	15 sec
<u>Push Stops</u>	2	30 sec	15 sec
Dribbling/Moves Feints			
		Opponent at Side	
<u>Stop Push</u>	2	10	30 sec
<u>Stop Drag</u>	2	10	30 sec
<u>Cruyff</u>	2	10	30 sec
<u>Stepover</u>	2	10	30 sec
Passing Short Range			
		Use a partner or wall	
1 Touch	2	50 Passes	30 sec
2 Touch	2	50 passes	30 sec
Dribbling Moves/Feints			
		Opponent at Side	
<u>Fake Kick Push</u>	3	10	30 sec
<u>Stop Push</u>	3	10	30 sec
<u>Stop Drag</u>	3	10	30 sec
Fitness			
18 and backs	Start at endline. Run to 18 and back for 4 min.		
	2	4 min	3 min