

## Week 3 - Day 2

Work	Sets	Reps	Rest
<b>Ball Mastery 2</b>			
<u>Shuffle Pull Push</u>	4	30 sec	15 sec
<u>Shuffle Stops</u>	4	30 sec	15 sec
<u>Shuffle Pull Outs</u>	4	30 sec	15 sec
<u>Shuffle Side Foot Rolls</u>	4	30 sec	15 sec
<u>Shuffle Roll</u>	4	30 sec	15 sec
<b>Volleys</b>			
<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
<b>Turns 2</b>			
<u>Cruyff</u>	2	10	30 sec
<u>Cruyff Touch</u>	2	10	30 sec
<u>Stepover</u>	2	10	30 sec
<u>Stepover Same Foot</u>	2	10	30 sec
<u>Fake Pass</u>	2	10	30 sec
<b>Strength (Circuit)</b>			
Bench Step Ups	4	30 sec	45 sec b/t round
Push Ups	4	30 sec	
Speed Skaters	4	30 sec	
Bench Dips	4	30 sec	
High Knees	4	30 sec	
Up an Down Plank	4	30 sec	

