

Week of 8/31

Work	Sets	Reps	Rest
Warm-Up		Dynamic stretching in between	
<u>Inside/Outside</u>	2	30 sec	15 sec
<u>V Pull Backs Inside</u>	2	30 sec	15 sec
<u>Shuffle V Pull Back</u>	2	30 sec	15 sec
Juggling	1	2 min	
First Touch/Settling		Use a partner or Wall	
<u>Receive Inside Pass Same Foot</u>		2	90 sec
<u>Receive Inside Pass Opposite Foot</u>		2	90 sec
<u>Receive Inside Pass Same Outside</u>		2	90 sec
Receiving out of the Air		Use a partner	
Set up 2- 5 x 5 boxes, 30 - 40 yards a part.			30 sec
Look to receive ball in box in 1 touch.			
Clipped/Chipped Ball	2	5 min R, 5 min L	30 sec
First Touch/Settling		Use a partner or Wall	
<u>Receive Outside Pass Same Foot</u>		2	90 sec
<u>Receive Sole Pass Opposite Foot</u>		2	90 sec
<u>Receive Cruyff Pass Opp Foot</u>		2	90 sec
Fitness			
300 Yard Shuttles		3	2 min
Mark your starting spot, then make another mark 50 yards out.			
Each rep consists of running this length 6 times (out and back 3 times)			
Rest for 2 min in between each rep. Goal = 60 sec per rep			