

Week 1 - Day 1

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 secs
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 1		
<u>Lunge</u>	2	45 secs
<u>Stop Push</u>	2	45 secs
<u>Stop Drag</u>	2	45 secs
<u>Inside Chop</u>	2	45 secs
<u>Roll Touch</u>	2	45 secs
Turns 1		
<u>Sole Stops</u>	2	6 each foot
<u>Inside</u>	2	6 each foot
<u>Outside Hook</u>	2	6 each foot
<u>Pull Back</u>	2	6 each foot
<u>U-Turn</u>	2	6 each foot