

Week 5 - Day 1

Work	Sets	Reps	Rest
Ball Mastery 8			
<u>3 Pt. Turn Inside</u>	4	30 sec	15 sec
<u>3 Pt. Turn Outside</u>	4	30 sec	15 sec
<u>3 Pt. Turn Outside to Inside</u>	4	30 sec	15 sec
<u>3 Pt. Turn Inside to Outside</u>	4	30 sec	15 sec
<u>3 Pt. 360 Shuffle</u>	4	30 sec	15 sec
Passing and Receiving			
<u>Receive Inside Pass Same Foot</u>	2	90 sec	30 sec
<u>Receive Inside Pass Opposite Foot</u>	2	90 sec	30 sec
<u>Receive Inside Pass Same/Out</u>	2	90 sec	30 sec
<u>Receive Outside Pass Same Foot</u>	2	90 sec	30 sec
<u>Receive Sole Pass Opposite Foot</u>	2	90 sec	30 sec
<u>Receive Cruyff Pass Opposite Foot</u>	2	90 sec	30 sec
Ball Striking			
Shot for Power	1	20 each foot	
Driven ball low	1	20 each foot	
Driven ball in air	1	20 each foot	
Chip with laces	1	20 each foot	
Strength (Circuit)			
Basic Burpees	3	8	1 min b/t rounds
Push Ups	3	15	
V-Ups	3	10	
Squat Jumps	3	15	
Bench Dips	3	25	
Hollow Rocks	3	20	
Mountain Climbers	3	20 Each	
Fitness			
Tempo Run			
35 min: 19 min, 16 min back			