

Week 2 - Day 1

Work	Sets	Reps	Rest
Ball Mastery 5			
<u>Lunge Touches</u>	4	30 sec	15 sec
<u>Scissor Touches</u>	4	30 sec	15 sec
<u>Stepover Touches</u>	4	30 sec	15 sec
<u>Ronaldo Touches</u>	4	30 sec	15 sec
<u>Fake Kick Touches</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
Juggling			
Right/Left 1 Touch	3	90 sec	
Right/Left 2 Touch	3	90 sec	
Right/Left 3 Touch	3	90 sec	
Right/Left 4 Touch	3	90 sec	
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	