

## Week of 9/28

Work	Sets	Reps	Rest
<b>Warm-Up</b>		<b>Dynamic stretching in between</b>	
Juggling Test (Highest Score)	1	5 min	
<u>Shuffle Scissors</u>	2	30 sec	15 sec
<u>Scissor Touches</u>	2	30 sec	15 sec
<u>Ronaldo Touches</u>	2	30 sec	15 sec
<b>Dribbling to Create a Shot</b>			
<u>Scissor</u>	2	10	30 sec
<u>Shift Push</u>	2	10	30 sec
<u>Stanley Matthews</u>	2	10	30 sec
<b>Ball Striking</b>			
Ues moves above before shot- Drive at a cone, perform a move, and shoot			
Shot for Power	1	20 each foot	
Henry Finish (bent ball)	1	20 each foot	
<b>Dribbling to Create a Shot</b>			
<u>Lunge</u>	2	10	30 sec
<u>Ronaldo Chop</u>	2	10	30 sec
<u>Scissor/Ronaldo</u>	2	10	30 sec
<b>Fitness</b>			
18 + Backs	2	3 min	3 min
Start at endline. Run to 18 and back. Count each time you touch a line. Goal = 38 per 3 min			

