



Activity 1

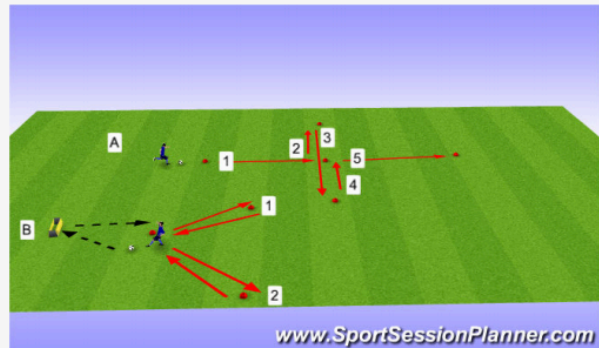
Dribbling & Passing

A) Dribbling + changing direction

- Start at cone 1, dribble to cone 2,3,4,5.
- Dribble with laces, change direction with the inside and outside of foot. Accelerate after changing direction. (2 sets x 4 repetitions)
- Progression 1: Change direction with the sole of your foot. (2 sets x 4 repetitions)
- Progression 2: On the outside cones change direction using the pull back move, always stop at middle cone to perform 6 toe taps on the ball. (2 sets x 4 repetitions)

B) Passing to wall + Dribbling

- 20 passes, 10 on each leg. Use the inside of your foot to control and pass, pass the ball with an angle to receive ball on the opposite foot. Move lateral when passing and try to stay behind the cone.
- After 20 passes, turn and dribble to cone 1, at cone turn performing a Cruyff move, dribble to middle cone and change direction to cone 2. Repeat 4 times, go back to the wall (Routine 6 sets)



Activity 2

1) Push-Up/Bench: 4 Sets x 15 reps (Video link below)

- Push-Up: 4 x 15 reps

2) Lunges (Video link below)

- Stationary: 12-15 reps on each leg x 3 sets (Do not alternate legs)
- Forward: 12-15 reps on each leg x 3 sets (Do not alternate legs)
- Backward: 12-15 reps on each leg x 3 sets (Do not alternate legs)
- Lateral: 12-15 reps on each leg x 3 sets (Do not alternate legs)

3) Bent Over Y (15 reps x 3 sets) (Video link below)

4) Hamstrings (15-20 reps x 3 sets) (Video link below)



Activity 3

Speed and Agility. (With Partner) (Video Link below)

- 1) Reaction & Acceleration: If you don't have 4 cones in different colors you can use any objects as long as they're different.
- 2) Reaction & Acceleration 2 + Oriented Control
- 3) Backward runs, turns, & sprints
- 4) Dribbling Through Agility

B) RUSH QUIZ (LINK BELOW)

- Please email your score!



Video Links & Quiz

Activity 2

- 1) <https://www.youtube.com/watch?v=l4NhikYg8hw>
- 2) <https://www.youtube.com/watch?v=l0m0m6UCJFI>
- 3) <https://www.youtube.com/watch?v=LTtgVxA1e4U>
- 4) <https://www.youtube.com/watch?v=R2RbHQEJ-el>

Activity 3

- 1) https://www.youtube.com/watch?v=bILts_HWGdi&feature=youtu.be
- 2) https://docs.google.com/forms/d/1KloF1Aq1tQeySRTzB6KCSP1mF3C-L3liDcrlhxiGLbE/viewform?edit_requested=true