

Activity 1

Ball Mastery

A: (video link below) https://www.youtube.com/watch?v=jphAQwfF_SM

- 1.The Shuffle: 3 sets x 45 sec
- 2.Toe Tabs: 3 sets x 45 sec
- 3.Push Pull Inside: 3 sets x 30 sec on each foot
- 4.Push Pull Outside: 3 sets x 30 sec on each foot
- 5.Push Pul Both Feet: 3 sets x 45 sec

****Rest 15 seconds between sets, Rest 30sec-1 min between exercises**

B: (Video link below) <https://www.youtube.com/watch?v=uGZ7dhyQkOo>

- 1.Inside Outside: 3 sets x 1 min
- 2.Double Inside Outside: 3 sets x 1 min
- 3.Cuts Both Feet: 3 sets x 1 min
- 4.Push Stops: 3 sets x 1 min
- 5.Push Stops Cuts 3 sets x 1 min

****Rest 30sec between sets, Rest 45sec-1 min between exercises**



Activity 2

Technical Work + Footwork

A) Ladder + Zigzag dribbling

(Video link below) <https://www.youtube.com/watch?v=iICTuTZCJyM>

- 1.Forward Spring (One in each) (3 reps + Zig zag)
- 2.Lateral High Knees (3 reps + Zig zag)
3. Icky Shuffle (3 reps + Zig zag)

B) Ladder + Agility dribbling

- 1.Backward Icky Shuffle (3 reps + dribbling)
2. Lateral IN and OUT (3 reps + dribbling)
3. Forward IN and OUT (3 reps + dribbling)

**** Rest 1-2min between exercises to recover and maintain high tempo and intensity during drills**

C) Technical Circuit

- Start at cone 1, dribble to cone 3 with speed and control of the ball
- Cone 3, Passing against a wall or a partner. Perform the three passing drills on the video. 20 reps each exercise

Passing video:(Video link below) <https://www.youtube.com/watch?v=gedaCw79SIY>

- Dribble to cone 4 and juggle for 2 min. Active rest
- Walk to cone 1 and start again

**** Complete 4 Circuits**



Activity 3

Strengthening

(Video link below) <https://www.youtube.com/watch?v=4-QKhk8KR3E>

- 1)Plank: 45-1min x 3-4 sets
- 2)Side Plank: 10sec on each side, 3 reps on each side x 1-2 sets
- 3)Glute Bridges: Hold 5 sec up, 15 reps x 3-4 sets
- 4) Lunges: 15 reps on each leg x 3 sets
- 5) Unstable Press Up 1: 15-20 reps x 3 sets
- 6) Unstable Press Up 2: 15- 20 reps x 3 sets



HINTS and LINKS

Activity 1 - Ball Mastery

- A) <https://www.youtube.com/watch?v=wSkM6tG28w8>
- B) <https://www.youtube.com/watch?v=uGZ7dhyQkOo>

Activity 2 - Technical + Footwork

- A & B) <https://www.youtube.com/watch?v=iICTuTZCJyM>
- C) <https://www.youtube.com/watch?v=gedaCw79SIY>

Activity 3 - Strengthening

<https://www.youtube.com/watch?v=4-QKhk8KR3E>