



### **Activity 1**

Warm Up - Juggling Against the Wall - 10 Minutes: Juggle against the wall. Use as many touches as you need before passing back to the wall

[https://www.youtube.com/watch?v=z2Km\\_qXFW98](https://www.youtube.com/watch?v=z2Km_qXFW98)

### **Activity 2**

Footwork - Perform twice each of the 12 footwork exercises explained in this video in 1-minute periods with equal resting times. Alternate legs.

<https://www.youtube.com/watch?v=deh07Qar5wl&feature=youtu.be>

### **Activity 3**

Injury Prevention - For each exercise perform 3 sets x 10-15 reps

<https://www.youtube.com/watch?v=GLAaHp3sJkQ>

### **Activity 4**

Video - Messi

<https://www.youtube.com/watch?v=sjMofjmzQKU>