Day 13
Date: 4/20/16, 11:37 AM

## Warmup



## Warm-Up Speed Ladder

## Speed Ladder

Speed Ladder. Each one twice. Finish at cone

1. One Foot In. 2. Two Feet In. 3. Sideways 2 Feet High Knees/Switch Sides. 4. Zig Zags (Ickey Shuffle). 5. Zig Zags Backwards (Ickey Shuffle). 6. Sideways Two Feet In/Switch sides. 7. Boxer Shuffle Sideways. 8. One Foot Hops/Each Foot. 9. Hop Scotch. 10. Hop Scotch Two Feet In Two
Out 11. Two Up One Back

Exercises


## Day 1

Footskills
Cones 10 yards apart. Players on the outside cones with a ball. Show foot skill then players work towards the middle cone and back 3 times each or for time.
Foot skills:

1. Inside the Feet. 2. Right Foot Inside/Outside, then left foot. 3. Right Foot only Inside/Inside/ Outside/Outside, then left. 4. Inside Right/Inside Left/ Stop Right (Both Feet). 5. Right Foot only Inside/Stop/Outside/Stop, then left foot. 6. Right Foot Inside/Outside/Stop (inside/outside one motion). 7. Sideways Rolls (down with Right/back with left, face same way) 8. Inside Left/Outside Right/Inside Right/Outside left. 9. Inside/Outside/Stop. 10. Roll Outside Stop-Roll with Right Foot to Left/Outside Left/Stop Switch. 11. Scissors (Step over ball with Right/Push outside left/Stop) Switch



## Avoid player

First do 2 lines across from each other going short short long pattern. A short 1-2 then play the ball across. Then have 2 players in the middle and teams diagonal from each other are working together. Player in the middle needs to open up and avoid the other player to receive the ball and play to the other side. Follow the pass.


## Day 13 Copy

2v2 plus 4
2v2 on the inside and 4 neutral players on the outside. Players on the inside need to move to opening up and receive the ball. Switch inside out after 2 minutes. Different partner each time.


