



Exercise Type	Exercise	Duration
Ball Mastery	Inside/Outside (B)	30 sec on / 15 sec off x 2
Ball Mastery	Roll, Roll, Touch	30 sec on / 15 sec off x 2
Ball Mastery	Double Triangle	30 sec on / 15 sec off x 2
Ball Mastery	Foundation w/ Roll to Outside	30 sec on / 15 sec off x 2
Ball Mastery	Foundation w/ Pull/Push	30 sec on / 15 sec off x 2
Ball Mastery	Foundation w/ Step Over	30 sec on / 15 sec off x 2
Ball Mastery	Juggling	7 minutes
Dribbling	Slalom Dribble – Inside/Outside	X 5
Dribbling	Slalom Dribble – Inside/Outside w/ Sole Roll	X 5
Dribbling	Slalom Dribble – Roll, Touch	X 5
Passing & Receiving	Receive Across Body – Right to Left	1 min on / 30 sec off x 3
Passing & Receiving	Receive Across Body – Left to Right	1 min on / 30 sec off x 3
Passing & Receiving	Receive Outside, Pass Inside (R)	1 min on / 30 sec off x 3
Passing & Receiving	Receive Outside, Pass Inside (L)	1 min on / 30 sec off x 3
Passing & Receiving	Bending the Ball	X 30 Dominant Foot / x 50 Non-Dominant Foot



Exercise Type	Exercise	Duration
Ball Mastery	Inside/Outside (Non-Dominate)	30 sec on / 15 sec off x 4
Ball Mastery	Inside/Outside (Dominate)	30 sec on / 15 sec off x 2
Ball Mastery	Inside/Outside (B)	30 sec on / 15 sec off x 2
Ball Mastery	Foundation to L Move	30 sec on / 15 sec off x 2
Ball Mastery	Foundation Roll to Cruyff	30 sec on / 15 sec off x 3
Ball Mastery	V Move Same Foot/Switch Feet	30 sec on / 15 sec off x 2
Ball Mastery	Juggling – Small Ball	7 minutes
Dribbling	Zig Zag – Inside/Outside Cut	X 3 / 30 sec rest in between
Dribbling	Zig Zag – Outside Cut	X 3 / 30 sec rest in between
Dribbling	Zig Zag - Cruyff	X 3 (Dominant Foot) / x 5 (Non-Dominant Foot)
Passing & Receiving	Receive to Turn – Shape Touch (R)	1 min on/ 30 sec off x 3
Passing & Receiving	Receive to Turn – Shape Touch (L)	1 min on / 30 sec off x 3
Passing & Receiving	Reaction Receive to Pass/Shoot	10 passes x 3
Passing & Receiving	Reaction Turn to Pass/Shoot	10 passes x 3
Passing & Receiving	Clipping / Chipping	X 30 (Dominant Foot) / x 50 (Non-Dominant Foot)



Exercise Type	Exercise	Duration
Ball Mastery	Inside/Outside (B)	30 sec on / 15 sec off x 2
Ball Mastery	Foundation Roll to L Move	30 sec on / 15 sec off x 2
Ball Mastery	Foundation Roll to Spin Out	30 sec on / 15 sec off x 2
Ball Mastery	V Move	30 sec on / 15 sec off x 2
Ball Mastery	V Move Same Foot / Switch Feet	30 sec on / 15 sec off x 2
Ball Mastery	Juggling	4 min Non-Dominant Only / 3 min Dominant Only
Dribbling	Box Dribble – Inside Turn	X 3 / 30 sec rest in between
Dribbling	Box Dribble – Outside Turn	X 3 / 30 sec rest in between
Dribbling	Box Dribble – V Turns (2 Left, 2 Right)	X 4 / 30 sec rest in between
Passing & Receiving	One Touch w/ Reaction	1 min on / 30 sec off x 3
Passing & Receiving	Inside Foot Volley w/ Reaction	1 min on / 30 sec off x 3
Passing & Receiving	Top of Foot Volley w/ Reaction	1 min on / 30 sec off x 3
Passing & Receiving	Receive to Turn – Deception 1	1 min on / 30 sec off x 3
Passing & Receiving	Receive to Turn – Deception 2	1 min on / 30 sec off x 3
Passing & Receiving	Driven Pass (20+ yards)	X 30 Dominant Foot / x 50 Non-Dominant

# Week 5

## Skills Challenge

- Moon Juggling! Juggling competition with every 3<sup>rd</sup> or 4<sup>th</sup> touch going over your head. How many juggles can you get?
- Send us your submissions on Instagram or Facebook!

