

DAY 1

Technical

1. Juggle 3 minutes, alternating feet continuous. Rest 30 seconds.
2. Juggle 5 minutes with ankle locked, using instep (like when you're shooting), attempting to keep the ball at exactly eye level, with no spin. Rest 30 seconds.
3. Ball Mastery Exercises
 - a. Roll-ups: <https://youtu.be/u21UTTVdaQ0>
3 sets of 45 seconds each (continuous); 15-second rest in between
 - b. V-Cuts: <https://youtu.be/QIvkshqDcK0>
3 sets of 45 seconds each (continuous); inside of foot
3 sets of 45 seconds each (continuous); laces/outside of foot
15-second rest in between each set
 - c. Outside Cuts: <https://youtu.be/ZI9kttuNnu8>
3 sets of 45 seconds each (continuous); 15-second rest in between
 - d. Roll Stops: <https://youtu.be/xQAls4Cwarg>
5 sets of 45 seconds each (continuous); 15-second rest in between

Physical

1. Core Conditioning
2. Walk – Jog – Sprint
 - a. This can be performed over any distance and is continuous. Each rep is 1-minute long and is broken down as follows:
 - i. 15 seconds walk
 - ii. 30 seconds jog
 - iii. 15 seconds sprintYour jog should look different than your walk and your sprint should look different than your jog! Push yourself! Targets are 7 minutes (beginner), 10 minutes (intermediate), and 15 minutes (advanced).