

DAY 3

Technical

1. Juggle 3 minutes, alternating feet continuous. Rest 30 seconds.
2. Juggle 5 minutes, three or four juggles then kick the ball 10-20 feet in the air, continue to juggle as it comes down, concentrating on a controlled first touch. Rest 30 seconds.
3. Ball Mastery Exercises
 - a. L Drag Sole Roll: <https://youtu.be/QUoctx91qPE>
3 sets of 45 seconds each (continuous) right foot; 15-second rest in between
3 sets of 45 seconds each (continuous) left foot; 15-second rest in between
 - b. L Drags: <https://youtu.be/DwLXGAIv3Xg>
3 sets of 45 seconds each (continuous) right foot; 15-second rest in between
3 sets of 45 seconds each (continuous) left foot; 15-second rest in between
 - c. Reverse L Drags: <https://youtu.be/YXnepHvu9lk>
5 sets of 45 seconds each (continuous) right foot; 15-second rest in between
5 sets of 45 seconds each (continuous) left foot; 15-second rest in between
 - d. Roll Chops: <https://youtu.be/19LOJVQJRig>
5 sets of 45 seconds each (continuous); 15-second rest in between

Physical

1. Footballer Workout or Goalkeeper Workout
2. 25-yard Shuttle Runs
 - a. Place cones or markers at 0, 5, 10, 15, 20, 25 yards (6 cones total). Run to 5 and back, 10 and back, etc., until you complete to the 25 and back. The target is to complete the shuttle in 45 seconds (beginner), 40 seconds (intermediate) and 35 seconds (advanced). Rest for 25 seconds to complete 1 repetition. Try to complete 10 reps total.