

DAY 5

Technical

1. Juggle 3 minutes, alternating feet continuous. Rest 30 seconds.
2. Juggle 5 minutes alternating foot-thigh-head. 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
 - e. 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
 - f. 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
 - g. 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
 - h. Roll Chops: <https://youtu.be/19LOJVQJRig>
5 sets of 45 seconds each (continuous); 15-second rest in between

Physical

1. Advanced Conditioning
2. Two-mile run (target under 14 minutes)