

DAY 6

Technical

1. Juggle 3 minutes, alternating feet continuous. Rest 30 seconds.
2. Juggle 5 minutes alternating head, chest, thigh, foot. Rest 30 seconds.
3. Pac-12 Dribbling Test
 - a. Instructions: Place a starting cone, then a cone 5 yards, 10 yards, 15 yards and 20 yards away. Ball starts on the line from the starting cone, run 5 yards and back, 10 and back, 15 and back, 20 and back with the ball, executing the turns in the sequence below. The finish line will be the line where you started. Repeat for 10 reps, all in 30 seconds, 45 seconds rest between reps. The ball has to touch each line on every rep.
 - i. Reps 1-2: turn-cut inside right foot
 - ii. Reps 3-4: turn-cut outside right foot
 - iii. Reps 5-6: turn-cut inside left foot
 - iv. Reps 7-8: turn-cut outside left foot
 - v. Reps 9-10: any foot/anyway you want

Reps 1-4: USE ONLY RIGHT FOOT, LEFT FOOT TOUCH IS A FAIL!!!

Reps 5-8: USE ONLY LEFT FOOT, RIGHT FOOT TOUCH IS A FAIL!!!

Reps 9-10: any foot/anyway you want

Physical

1. Footballer Workout or Goalkeeper Workout