



WASHINGTON RUSH

7v7 Training

Head-on at an Opponent

Work	Sets	Reps
Strength & Agility		
Walking Lunge	2	30 sec work. 15 sec rest
Lateral Bounds	2	30 sec work. 15 sec rest
High Knees	2	30 sec work. 15 sec rest
Heel Flicks	2	30 sec work. 15 sec rest
Ladder		
Foot Exchange	3	1x Up and back. 20 sec rest
Icky Shuffle	3	1x Up and back. 20 sec rest
Moves		
Lunge Touches	2	40 sec work, 20 sec rest
Scissor Touches	2	40 sec work, 20 sec rest
Stepover Touches	2	40 sec work, 20 sec rest
Ronaldo Touches	2	40 sec work, 20 sec rest
Fake Kick Touches	2	40 sec work, 20 sec rest
Ladder		
Foot Exchange	3	1x Up and back. 20 sec rest
Icky Shuffle	3	1x Up and back. 20 sec rest
Moves		
Stanley Matthews	1	40 sec work, 20 sec rest
Stop Push	1	40 sec work, 20 sec rest
Shift Push	1	40 sec work, 20 sec rest
Roll Touch	1	40 sec work, 20 sec rest
Inside Chop	1	40 sec work, 20 sec rest
Strength		
Burpees	1	1 min
Split Squat Jumps	1	1 min
Shoulder Tap Push Up	1	Max
Crunchies or Sit Ups	1	1 min