



9v9 Training

Moves to Create a Cross

Work	Sets	Reps
Warm up		
Inside: Outside Cuts Both Feet	1	Work 30 sec/ rest 15
Shuffle x2, Scissors	1	30 sec / 15 sec
Stepover Touches	1	30 sec / 15 sec
Shuffle x2 Roll	1	30 sec / 15 sec
Ladder		
In Out both	2	Up & back 2x /15 sec
Single Leg in and out	2	Up & back 2x /15 sec
Moves		
Fake Kick Push	2	30 sec / 15 sec
Stop and Drag	2	30 sec / 15 sec
Roll Touch	2	30 sec / 15 sec
Cruyff	2	30 sec / 15 sec
Ladder		
Lateral In and Out	2	Up & back 2x /15 sec
Icky Shuffle	2	Up & back 2x /15 sec
Moves		
Stanley Matthews	2	30 sec / 15 sec
Scissor	2	30 sec / 15 sec
Roll Step Over	2	30 sec / 15 sec
Step Over Scissor	2	30 sec / 15 sec

