WASHINGTON RUSH

9v9 Training

Week 5 - Day 3

Work	Sets	Reps
Passing and Receiving		
Receive Inside Pass Same Foot	3	30 secs
Receive Inside Pass Opposite Foot	3	30 secs
Receive Inside Pass Same Foot Outside	3	30 secs
Receive Outside Pass Same Foot	3	30 secs
Receive Sole Pass Opposite Foot	3	30 secs
Receive Cruyff Pass Opposite Foot	3	30 secs
Ball Mastery 7		
Rolls	4	30 secs
Roll Inside/Outside	4	30 secs
Roll Stops	4	30 secs
Roll Stepover	4	30 secs
Roll Inside Scissor	4	30 secs
Juggling		
Bounce Juggle Right Foot	4	30 secs
Bounce Juggle Left Foot	4	30 secs
Sitting Juggle	1	3 min
Turns 1		
Sole Stops	2	45 secs
Inside	2	45 secs
Outside Hook	2	45 secs
Pull Back	2	45 secs
U-Turn	2	45 secs