



WASHINGTON RUSH

7v7 Training

Improve Acceleration through Turns

Work	Sets	Reps
Warm up		
<u>High Knees</u>	2	15 sec. 10 sec. rest
<u>Heel Flicks</u>	2	15 sec. 10 sec. rest
<u>A Skips</u>	2	15 sec. 10 sec. rest
<u>Lateral Bounds</u>	2	15 sec. 10 sec. rest
<u>Reverse Lunge Knee Drive</u>	2	15 sec. 10 sec. rest
Speed Ladder		
<u>Two Forward One Back</u>	2	15 sec. 10 sec. rest
<u>Hip Twist</u>	2	15 sec. 10 sec. rest
Turns (5 x 5 space)		
<u>Sole Stops</u>	2	15 sec. 10 sec. rest
<u>Inside</u>	2	15 sec. 10 sec. rest
<u>Outside Hook</u>	2	15 sec. 10 sec. rest
<u>Pull Back</u>	2	15 sec. 10 sec. rest
<u>U-Turn</u>	2	15 sec. 10 sec. rest
Speed Ladder		
<u>Two Forward One Back</u>	2	15 sec. 10 sec. rest
<u>Hip Twist</u>	2	15 sec. 10 sec. rest
Turns (5 x 5 space)		
<u>Cruyff</u>	2	15 sec. 10 sec. rest
<u>Cruyff Touch</u>	2	15 sec. 10 sec. rest
<u>Stepover</u>	2	15 sec. 10 sec. rest
<u>Stepover Same Foot</u>	2	15 sec. 10 sec. rest
<u>Fake Pass</u>	2	15 sec. 10 sec. rest

