

Inviting Pressure

Work	Sets	Reps
Warm up (orientation)		
<u>Pull Push Inside</u>	2	1x Up and back. 20 sec rest
<u>Pull Push Outside</u>	2	1x Up and back. 20 sec rest
<u>Shuffles</u>	2	1x Up and back. 20 sec rest
<u>Toe Taps</u>	2	1x Up and back. 20 sec rest
Ladder		
<u>Two Footed Hop</u>	2	1x Up and back. 20 sec rest
<u>One Footed Hop</u>	2	1x Up and back. 20 sec rest
Ball Mastery		
<u>Shuffle Stops</u>	2	30 sec work, 30 sec rest
<u>Shuffle Pull Outs</u>	2	30 sec work, 30 sec rest
<u>Shuffle Side Foot Roll</u>	2	30 sec work, 30 sec rest
<u>Shuffle Rollover</u>	2	30 sec work, 30 sec rest
Ladder		
<u>Two Footed Hop</u>	2	1x Up and back. 20 sec rest
<u>One Footed Hop</u>	2	1x Up and back. 20 sec rest
Ball Mastery / Moves		
<u>3 Point Turn Inside</u>	2	30 sec work, 30 sec rest
<u>3 Point Turn Outside</u>	2	30 sec work, 30 sec rest
<u>3 Point Turn Outside to Inside</u>	2	30 sec work, 30 sec rest
<u>3 Point Turn Inside to Outside</u>	2	30 sec work, 30 sec rest
<u>Maradona</u>	2	30 sec work, 30 sec rest
Juggling (cool down)	1	5 min