

Moves to Create a Shot

Work	Sets	Reps
Warm up		
High Knees	2	10 sec
Heel Flicks	2	10 sec
Lateral Bounds	2	5 each leg
Ball Mastery		
V-Pull Back Inside	2	20 sec work, 20 secs rest
V-Pull Back Outside	2	20 sec work, 20 secs rest
V-Pull Back Across	2	20 sec work, 20 secs rest
Moves		
Fake Kick Push	2	4 each leg
Lunge	2	4 each leg
Stop Push	2	4 each leg
Agility		
Speed T var. 1	3	10 secs rest
Moves		
Scissor	2	4 each leg
Ronaldo Chop	2	4 each leg
Stanley Matthews	2	4 each leg

Bounce Juggling (5 min)

