WASHINGTON RUSH

9v9 Training

Week 1 - Day 2

Work	Sets	Reps
Ball Mastery 5		
Lunge Touches	3	30
Scissor Touches	3	30
Stepover Touches	3	30
Ronaldo Touches	3	30
Fake Kick Touches	3	30
Ball Mastery 6		
V-Pull Back Inside	3	30
V-Pull Back Outside	3	30
V-Pull Back Across	3	30
V-Dance	3	30
V-Dance both feet	3	30
Volleys		
Inside Foot Volleys	5	20
Inside Foot Half Volleys	5	20
Laces Volleys	4	10
Thigh/Foot Volleys		
Chest/Thigh/Foot Volleys	4	25
Juggling	4	25
Right Foot	4	25
Left Foot	4	25
Freestyle	1	5 mins
Strength		
Body Weight Squats	5	20
Shoulder Taps with a push up	2	10
Sit Ups	4	10