WASHINGTON RUSH

9v9 Training

Week 5 - Day 2

Work	Sets	Reps
Ball Mastery 6		
V-Pull Back Inside	4	45 secs
V-Pull Back Outside	4	45 secs
V-Pull Back Across	4	45 secs
V-Dance	4	30 secs per foot
V-Dance both feet	4	45 secs
Moves 3		
Fake Kick Push	2	45 secs
Shift Push	2	45 secs
Maradona	2	45 secs
Stanley Matthews	2	45 secs
Roll Stepover	2	45 secs
Turns 2		
Cruyff	2	6 each foot
Cruyff Touch	2	6 each foot
Stepover	2	6 each foot
Stepover Same Foot	2	6 each foot
Fake Pass	2	6 each foot
Ball Mastery 5		
Lunge Touches	4	45 secs
Scissor Touches	4	45 secs
Stepover Touches	4	45 secs
Ronaldo Touches	4	45 secs
Fake Kick Touches	4	45 secs