

Head-on at an Opponent

Work	Sets	Reps
Warm up (orientation)		
<u>Two Foot Forwards</u>	3	1x Up and back. 20 sec rest
<u>In and Out</u>	3	1x Up and back. 20 sec rest
Ladder		
<u>Single Leg In and Out</u>	3	1x Up and back. 20 sec rest
<u>Icky Shuffle</u>	3	1x Up and back. 20 sec rest
Moves		
<u>Lunge</u>	2	30 sec work, 30 sec rest
<u>Scissor</u>	2	30 sec work, 30 sec rest
<u>Inside Chop</u>	2	30 sec work, 30 sec rest
<u>Ronaldo Chop</u>	2	30 sec work, 30 sec rest
Ladder		
<u>Single Leg In and Out</u>	3	1x Up and back. 20 sec rest
<u>Icky Shuffle</u>	3	1x Up and back. 20 sec rest
Moves		
<u>Stanley Matthews</u>		30 sec work, 30 sec rest
<u>Fake Kick Push</u>	1	30 sec work, 30 sec rest
<u>Roll Stepovery</u>	1	30 sec work, 30 sec rest
<u>Stepover/Scissor</u>	1	30 sec work, 30 sec rest
Juggling (cool down)	1	5 min