



WASHINGTON RUSH

11v11 Training

Improving Acceleration in Turns

<u>Work</u>	<u>Sets</u>	<u>Work/Rest</u>
<u>Ball Mastery</u>		
<u>Rolls</u>	2	45 sec. / 20 sec.
<u>Roll Inside/Outside</u>	2	45 sec. / 20 sec.
<u>Roll Stops</u>	2	45 sec. / 20 sec.
<u>Roll Stepper</u>	2	45 sec. / 20 sec.
<u>Acceleration</u>		
<u>Speed T var. 2</u> (10 yd between cones)	2	45 sec. / 20 sec.
<u>Speed T var. 1</u>	2	45 sec. / 20 sec.
<u>Turns</u>		
<u>Inside</u>	2	45 sec. / 20 sec
<u>Outside Hook</u>	2	45 sec. / 20 sec
<u>Sole Stops</u>	2	45 sec. / 20 sec
<u>Pull Back/Pull Push</u>	2	45 sec. / 20 sec
<u>Acceleration</u>		
<u>Speed T var. 2</u> (10 yd between cones)	2	45 sec. / 20 sec
<u>Speed T var. 1</u>	2	45 sec. / 20 sec
<u>Turns</u>		
<u>Cruyff</u>	2	45 sec. / 20 sec
<u>Cruyff Touch</u>	2	45 sec. / 20 sec
<u>Stepover & Stepover Same Foot</u>	2	45 sec. / 20 sec
<u>U-Turn or Conti</u>	2	45 sec. / 20 sec
<u>Strength</u>		
<u>Burpees</u>	1	1 min
<u>Walking Lunges</u>	1	1 min
<u>Push Ups</u>	1	Max
<u>Russian Twist</u>	1	1 min

