



# 11v11 Training

## Moves to Create a Shot

Work	Sets	Reps
<b>Warm up</b>		
<a href="#">High Knees</a>	1	Work 45 sec./ Rest 15 secs.
<a href="#">Heel Flicks</a>	1	45 sec./ 15 secs.
<a href="#">Lateral Bounds</a>	1	45 sec./ 15 secs.
<a href="#">A Skips</a>	1	45 sec./ 15 secs.
<b>Agility</b>		
<a href="#">Speed T var. 1</a> (angle to create "Y")	3	45 sec. work/ 20 sec. rest
<a href="#">Speed T var. 2</a> (angle to create "Y")	3	45 sec./ 20 sec.
<b>Moves</b>		
<a href="#">Fake Kick Push</a> (using the "Y" pattern)	2	Work 45 sec. / 20 sec.
<a href="#">Lunge</a> (using the "Y" pattern)	2	45 sec. / 20 sec.
<a href="#">Stop Push</a> (using the "Y" pattern)	2	45 sec. / 20 sec.
<a href="#">Cruyff</a> (using the "Y" pattern)	2	45 sec. / 20 sec.
<b>Agility</b>		
<a href="#">Speed T var. 1</a> (angle to create "Y")	3	45 sec. / 20 sec.
<a href="#">Speed T var. 2</a> (angle to create "Y")	3	45 sec. / 20 sec.
<b>Moves</b>		
<a href="#">Scissor</a> (using the "Y" pattern)	2	Work 45 sec. / 20 sec.
<a href="#">Ronaldo Chop</a> (using the "Y" pattern)	2	45 sec. / 20 sec.
<a href="#">Stanley Matthews</a> (using the "Y" pattern)	2	45 sec. / 20 sec.
<a href="#">Shift Push</a>	2	45 sec. / 20 sec.
<b>Strength</b>		
<a href="#">Burpees</a>	1	1 min.
<a href="#">Mountain Climbers</a>	1	1 min.
<a href="#">Push ups</a>	1	Max
<a href="#">Planks</a>	1	1 min.

