

Head-on at an Opponent

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