



11v11 Training

Moves to Create a Cross 2

Work	Sets	Reps
Warm up		
V Pull Back Inside	1	Work 45 sec./ Rest 15 secs.
V Pull Back Outside	1	45 sec./ 15 secs.
V Pull Back Across	1	45 sec./ 15 secs.
V Dance	1	45 sec./ 15 secs.
Ladder		
In Out both	2	30 sec. work/ 15 sec. rest
Foot exchange	2	30 sec./ 15 sec.
Moves		
Inside Chop(across body)	2	Work 45 sec. / 20 sec.
Maradona	2	45 sec. / 20 sec.
Shift Push	2	45 sec. / 20 sec.
Fake Kick Push	2	45 sec. / 20 sec.
Ladder		
In Out both	3	45 sec. / 20 sec.
Foot exchange	3	45 sec. / 20 sec.
Moves		
Stanley Matthews	2	Work 45 sec. / 20 sec.
Scissor	2	45 sec. / 20 sec.
Roll Step Over	2	45 sec. / 20 sec.
Step Over Scissor	2	45 sec. / 20 sec.
Strength		
Burpees	1	1 min.
Wall Squats	1	1 min.
Shoulder Tap Push ups	1	Max
Side Planks	1	1 min.

