



WASHINGTON RUSH

11v11 Training

Head-on at an Opponent



Work	Sets	Reps
Warm up (orientation)		
Two Foot Forwards	3	1x Up and back. 20 sec rest
In and Out	3	1x Up and back. 20 sec rest
Ladder		
Single Leg In and Out	3	1x Up and back. 20 sec rest
Icky Shuffle	3	1x Up and back. 20 sec rest
Moves		
Lunge	2	45 sec work, 30 sec rest
Scissor	2	45 sec work, 30 sec rest
Inside Chop	2	45 sec work, 30 sec rest
Ronaldo Chop	2	45 sec work, 30 sec rest
Ladder		
Single Leg In and Out	3	1x Up and back. 20 sec rest
Icky Shuffle	3	1x Up and back. 20 sec rest
Moves		
Stanley Matthews	2	45 sec work, 30 sec rest
Fake Kick Push	2	45 sec work, 30 sec rest
Roll Stepoer	2	45 sec work, 30 sec rest
Stepover/Scissor	2	45 sec work, 30 sec rest
Strength Circuit		
Burpees	1	1 min
Walking Lunges	1	1 min
Push Ups	1	max
Sit Ups	1	1 min