

Technical Session #1 - Days 1, 3, and 5 (Play Like a Pro)

	Week 1	Week 2	Week 3	Week 4
Arm Swings	10 reps	10 reps	10 reps	10 reps
Straight Leg Swipes	10 reps per side			
High Knees to Butt Kicks	10 reps	10 reps	10 reps	10 reps
Leg Swings	10 reps per side			
Shuttle Dribbles	5 reps	6 reps	7 reps	8 reps
Figure 8 Dribbles	5 reps	6 reps	7 reps	8 reps
Individual Body Part Juggling	set new record	set new record	set new record	set new record
High Control	10 reps per side	12 reps per side	14 reps per side	16 reps per side
Pass & Turn	10 reps per side	15 reps per side	20 reps per side	25 reps per side
One Touch Passing	20 reps per side	25 reps per side	30 reps per side	35 reps per side
Deadball with Laces	10 reps per side	15 reps per side	20 reps per side	25 reps per side
Calf Stretch	30s	30s	30s	30s
Quad Stretch	30s	30s	30s	30s
Seated Hamstring	30s	30s	30s	30s
Happy Baby	30s	30s	30s	30s