

Technical Session #2 - Days 2, 4, and 6 (Play Like a Pro)

	Week 1	Week 2	Week 3	Week 4
Scorpions	10 reps	10 reps	10 reps	10 reps
Groin Slides	10 reps per side			
Gate Open and Close	10 reps	10 reps	10 reps	10 reps
Leg Swings	10 reps per side			
Beat the Defender	10 reps	12 reps	16 reps	20 reps
Inside Outside Cuts	10 reps per side	12 reps per side	16 reps per side	20 reps per side
L Cut and V Cut	10 reps per side	12 reps per side	16 reps per side	20 reps per side
Directional Juggling	6 reps per side	8 reps per side	10 reps per side	12 reps per side
High Control (inside / out)	10 reps per side	12 reps per side	14 reps per side	16 reps per side
Two Touch Passing	20 reps per side	25 reps per side	30 reps per side	35 reps per side
Long Passing	20 reps per side	25 reps per side	30 reps per side	35 reps per side
Deadball with Inside	10 reps per side	15 reps per side	20 reps per side	25 reps per side
Upward Dog	30s	30s	30s	30s
Hip Stretch	30s	30s	30s	30s
Frog Stretch	30s	30s	30s	30s
Back Rolls	30s	30s	30s	30s