

# Week 1 (Triple Your Talent)

## 1) Warm Up (5 minutes)

Rotations  
Dynamic movements  
Leg swings

## 2) Ball Control (3 minutes)

Basic juggling (10 touches) to high control

*\*1 minute water break\**

## 3) Dribbling (3 minutes)

30 seconds turns (inside cut and outside cut)  
30 seconds moves (skip)  
3 sets ( 1. right foot, 2. left foot, 3. both feet)

*\*1 minute water break\**

## 4) Passing & Receiving (3 minutes)

Two touch (alternate feet every time)

*\*1 minute water break\**

## 5) Shooting (3 minutes)

Two touch (alternate feet every time)  
Striking with the laces

*\*1 minute water break\**

## 6) Speed (3 minutes)

Sprint (20 yards) and walk back

*\*1 minute water break\**

## 7) Strength (until completion)

15 push ups  
20 squats  
30 second plank  
200 yard run (80%) - full field and back

*\*1 minute water break\**

## 8) Cool Down (5 minutes)

Static stretches (30 second holds)