

## **Week 2 (Triple Your Talent)**

### **1) Warm Up (5 minutes)**

Rotations  
Dynamic movements  
Leg swings

### **2) Ball Control (3 minutes)**

Basic juggling (10 touches) to wall pass

*\*1 minute water break\**

### **3) Dribbling (3 minutes)**

30 seconds turns (cruyff and drag back)  
30 seconds moves (croqueta)  
3 sets ( 1. right foot, 2. left foot, 3. both feet)

*\*1 minute water break\**

### **4) Passing & Receiving (3 minutes)**

Pass, Shoulder Check, Turn, Dribble (alternate feet every time)

*\*1 minute water break\**

### **5) Shooting (3 minutes)**

Shoot, Turn, Dribble (alternate feet every time)  
Striking with the laces

*\*1 minute water break\**

### **6) Speed (3 minutes)**

Sprint, Turn, Sprint (20 yards) and walk back

*\*1 minute water break\**

### **7) Strength (until completion)**

16 Spiderman push ups  
20 Lunges  
20 Side Plank Switches  
200 yard run (80%) - full field and back

*\*1 minute water break\**

### **8) Cool Down (5 minutes)**

Static stretches (30 second holds)