

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

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

Rotations  
Dynamic movements  
Leg swings

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

Directional juggling around cone to wall pass (start walking progress to running)

*\*1 minute water break\**

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

30 seconds turns (fake shot and drag back)  
30 seconds moves (step over)  
3 sets ( 1. right foot, 2. left foot, 3. both feet)

*\*1 minute water break\**

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

Three Touch Long Passing (alternate feet every time)

*\*1 minute water break\**

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

Shooting after a move  
Shoot, Turn, Dribble, Move (alternate feet every time)

*\*1 minute water break\**

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

Figure 8 Sprints (4 corners) and walk around the box

*\*1 minute water break\**

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

15 Yoga Push Ups  
20 Squat Jumps  
20 Tuck Planks  
200 yard run (80%) - full field and back

*\*1 minute water break\**

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

Static stretches (30 second holds)