

WORKOUT #1

- Set five cones in a line a foot apart and one cone ten yards away to sprint to after getting through the line of cones.
 - Dribble through cones using right foot only, left foot only, both feet, rolls, toe taps, out side of feet only, inside only, and three different ways of your choice **all three times** each.
 - Set 6 cones, 5 yards apart, speed dribble to first cone, leave ball, back pedal backwards, sprint back to ball, speed dribble to next cone, repeat. Only going back one cone each time.
 - Set two cones 10 yards apart; shuffle as quickly as possible, 10 times in a row. (remember to stay low on your shuffle) you do not need your ball for this.
 - In same cones with ball, dribble with the outside of right foot to one cone, and outside of left foot back, staying low 10 times in a row. Down and back is once.
 - Set two cones 25 yards apart. From one cone, pass ball 25 yards (trying to hit the other cone), sprint to ball, change directions, sprint back dribbling ball. Repeat ten times times, five with only right foot, five with only left foot. (work on long balls in the air and the ground)

WORKOUT #2

- 1 mile timed run. **Please send me your mile time.**
- Ladder workout
 - Two feet in each
 - One foot in each
 - Hop scotch
 - Jumping with right foot only
 - Jumping with left foot only
 - Bunny hops
 - Pick three others of your choice
 - GO THROUGH THREE TIMES EACH AND SPRINT TEN YARDS EACH TIME AFTER GETTING THROUGH THE LADDER.
- Juggle for 20 minutes

WORKOUT #3

- Ball Work:
 - 1 minute- Dribble ball in small 5x5 grid right foot only
 - 1 minute- dribble ball in small 5x5 grid left foot only

- 1 minute – dribble ball in small 5x5 grid both feet
 - 2 minute- head juggling
 - 2 minute- throw ball in air, trap with laces
 - 2 minutes- throw ball in air, trap with thigh to laces
 - 2 minute- throw ball in air, trap with chest to laces
 - 2 minute- trap with head to laces
 - MAKE SURE TO ACCELERATE FIVE YARDS AFTER EACH TRAP
 - Repeat 3 times each of the above exercises
 - 10 minutes foot juggling
 - 10 minutes juggling while sitting on ground
- Set six cones up five yards apart
 - Do yoyos back and forth to each cone
 - Repeat three times

WORKOUT #4

- Run TWO miles, **send me time**

WORKOUT #5

- Warm up really well – jog and stretch
- 100 yard sprints- 5 with no ball, 5 with ball
 - Sprint 100 yards (size of a football field) jog back (repeat 5 times)
 - Speed dribble 100 yards, jog back with ball (repeat 5 times)
- Build two boxes with cones 20 yards apart
 - Play 10 balls with right foot in air from one box to the other
 - Play 10 balls with left foot in air from one box to the other
 - Repeat three times (working on aim and long balls)
- Juggle **20** minutes

WORKOUT #6

- Set two cones 25 yards apart
 - With ball in hands, dribble the ball down and back (basketball dribble)
 - Run with ball going around your body down and back (in your hands)
 - Run with ball in hands and put ball through your legs as you run (alternating legs)
 - Run with ball in your hands over your head down and back
 - Put ball on ground, tick tocks down and back
 - Ball on ground, toe taps down and back
 - Jog with your feet down and back
 - Sprint with your ball down and back twice

- Three sets of forty sit ups of your choice
- Three sets of thirty pushups
- 1 minute plank (4 times)

WORKOUT #7

- 60 jumps, two footed jumps forward and backwards over the ball or cone
- 15 figure eights, roll ball between legs with hands
- 60 jumps, side to side over ball two footed
- 15 rolls arounds- in a sitting position with legs extended, roll ball around soles of your feet and around your back
- 60 touch and jumps- start in a standing position with the ball in your hands. Touch ball on the ground by bending at the knees so thighs are parallel to your head and then jump as high as possible putting ball over head.
- 30 push ups
- 30 crunches
- 1 minute plank
- Juggle **20** minutes

WORKOUT #8

- 20 minute road workout
 - 1-3 min slow jog
 - 3-4 min pick up pace
 - 4-5 min full speed
 - 5-6 min half speed
 - 6-8 min very slow jog
 - 8-9 min pick up pace
 - 9-10 min full speed
 - 10-13 min very slow pace
 - 13-14 min pick up the pace
 - 14-15 min full speed
 - 15-17 min very slow pace
 - 17-18 min pick it up
 - 18-19 full speed
 - 19-20 cool down

WORKOUT #9

- Volley workout
 - Put one cone down, work from right to left getting in front of cone for every volley
 - Inside of foot (both feet, 10 on each foot)
 - Laces (both feet, 10 on each foot)
 - Thigh – volley (both feet, 10 on each foot)
 - Chest- volley (10 total)

- Header (10 total)
- Diving headers (6 total)

WORKOUT #10

- Set up cones about 10 yards apart
 - Using only your inside of your left foot, dribble a figure 8 as quickly as you can around the cones 10 times
 - Using only your outside of your left foot, dribble a figure 8 as quickly as you can around the cones 10 times
 - Using only your inside of your right foot, dribble a figure 8 as quickly as you can around the cones 10 times
 - Using only your outside of your right foot, dribble a figure 8 as quickly as you can around the cones 10 times
- With same cones 10 yards apart
 - Speed dribble with only our right foot, leave ball at cone, back pedal backwards to starting cone, sprint back, retrieve ball, and repeat (5 times)
 - Speed dribble with only our left foot, leave ball at cone, back pedal backwards to starting cone, sprint back, retrieve ball, and repeat (5 times)
- 3 sets of 20 pushups
 - regular pushups
 - wide armed pushups
 - triangle with your hands pushups
- 3 sets of 40 crunches of your choice