

Workout 10 | U7-U12 | Technical

Coach Firas Al-Samarraie and Kyse Al-Samarraie

Turns:

Going to all three cones is 1x. 1 set is hitting all three cones 10 times for a total of 90 turns for the exercise.

1. **Outside foot turn (right foot)**
 - a. 10x, 3 sets
2. **Outside foot turn (left foot)**
 - a. 10x, 3 sets
3. **Inside foot turn (right foot)**
 - a. 10x, 3 sets
4. **Inside foot turn (left foot)**
 - a. 10x, 3 sets
5. **Cruyff turn (right foot)**
 - a. 10x, 3 sets
6. **Cruyff turn (left foot)**
 - a. 10x, 3 sets

Directions changes:

Going to all three cones is 1x. 1 set is hitting all three cones 10 times for a total of 90 turns for the exercise.

1. **Chop (right foot)**
 - a. 10x, 3 sets
2. **Chop (left foot)**
 - a. 10x, 3 sets
3. **Shoulder drop/fake-go (right foot)**
 - a. 10x, 3 sets
4. **Shoulder drop/fake-go (left foot)**
 - a. 10x, 3 sets
5. **Inside-outside (right foot)**
 - a. 10x, 3 sets
6. **Inside-outside (left foot)**
 - a. 10x, 3 sets
7. **Roll-step over (right foot)**
 - a. 10x, 3 sets
8. **Roll-step over (left foot)**
 - a. 10x, sets