

Stage 3 & Stage 4 (U13-U19)

Workout A

Ball Control and Agility

You need a ball and two cones for this workout (2 minute recovery between activities).

- 8 minutes Coerver warm-up (moves, fakes & touches using all surfaces of both feet)
- 18 minutes (6 minutes each surface). Throw the ball up, receive with feet (laces, then insides, then outsides), then Thigh, then Chest.
- 18 minutes Start in a kneeling position, throw the ball up, get up, and receive the ball before it hits the ground (feet, then thigh, then chest – 6 minutes each surface)
- 20 minutes Place cones 0 yards apart. Dribble in a figure 8 using just the inside of your feet for 6 figure 8's, then rest for one minute. Then dribble in a figure 8 using only the outside of your feet, then rest for one minute. Then dribble, using the soles of your feet, Repeat for the total time. As you dribble around one cone, use quick touches to get around it and then accelerate to the next cone and repeat.

