

		Days Accomplishments						
Strength & Conditioning	Goal	M	T	W	T	F	S	S
#1 - Bicep-Triceps-Shoulder Stretch								
#2 - Bicep Curl	12-20 Reps							
#3 - Triceps Extension	12-20 Reps							
#4 - Shoulder Raises	8-12 Reps							
#5 - Jumping Rope	# of jumps in 2 min.							
Ball Control & Management	Goal	M	T	W	T	F	S	S
#1 - Ball Out Of Air – Foot & Thigh	10 traps in arch							
#2 - Ball Out Of Air – Chest & Head	10 traps in arch							
#3 - Ball Out Of Air Combo Drill	20 traps in arch							
#4 - Ball Out Of Air - Block & Press	10 with both feet							
Receiving/Passing The Ball	Goal	M	T	W	T	F	S	S
#1 - Balance & Stance Drill	15-20 Reps ea. foot							
#2 - Receiving The Ball With B/S	15-20 Reps ea. foot							
Foot Skills With The Ball	Goal	M	T	W	T	F	S	S
#1 - Square Cut Drill	10-12 Reps ea. foot							
#2 - Square Cut Behind Drill	10-12 Reps ea. foot							
#3 - Pull-Push Behind Drill	10-12 Reps ea. foot							
#4 - Pull “The V” Drill	# of touches each							
	direction – 2 min.							

My Assessment Of Week #3:

- 1) Can I jump rope more then 60 times in 2 min?
- 2) Can I take the ball out of the air in my arch with my foot, thigh, and chest?
- 3) How well did I receive the ball with a different Balance & Stance position?
- 4) Am I comfortable “pulling the V” with both feet?

<u>Yes</u>	<u>I Tried My Best But I Need More Work</u>
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