

		Days Accomplishments						
Strength & Conditioning	Goal	M	T	W	T	F	S	S
#1 - Side Bend Stretch								
#2 - Back Arch Stretch								
#3 - Cobra Stretch								
#4 - Seated Crunch	12-20 Reps							
#5 - The Bicycle	15-20 Reps							
#6 - Lying Leg Extension	15 Reps each leg							
#7 - The Superman	10-12 Reps per side							
#8 - Up & Downs	# Reps in 2 min.							
Ball Control & Management	Goal	M	T	W	T	F	S	S
#1 – The Pullback Move	15-20 Reps per foot							
#2 – The Jing Move	10 Reps ea. direction							
#3 – The Scissor Move	10 Reps each foot							
#4 – The Step Over – Turn Move	5+ each foot							
#5 - Combination Beat-The-Man Drill	# of moves in 3min.							
Receiving/Passing The Ball	Goal	M	T	W	T	F	S	S
#1 - First Touch Receiving The Ball	10-15 touches							
#2 - First Touch To Space	10-15 touches							
#3 - First Touch & Changing Direction	10+ change direction							
Foot Skills With The Ball	Goal	M	T	W	T	F	S	S
#1 - Rollover Step	10+ each foot							
#2 - Double Rollover Step	10+ each foot							
#3 - Rollover Stop - Rollover Stop	# Reps in 2 min.							
#4 - Rollover Outside Stop	# Reps in 2 min.							

My Assessment Of Week #4:

- 1) Can I do 12 Superman's moves with both arms/legs?
- 2) Can I "sell" the jing move and perform it in both directions?
- 3) Can I confidently perform first touch and change direction with both feet?
- 4) Can I control the ball Rollover Stop with boot feet?

Yes	I Tried My Best But I Need More Work
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