

		Days Accomplishments						
Strength & Conditioning	Goal	M	T	W	T	F	S	S
#1 - Straight Toe Touches								
#2 - Crossed Toe Touches & Arch								
#3 - Knee-Groin Stretch								
#4 - Neck Roll Stretch								
#5 – Runner’s Lunge	15 Reps each leg							
#6 - Mountain Climber	25-100 Reps							
#7 - Box Jumps	# jumps in 2 min.							
#8 - Quick Jumps-Reaches	# reaches in 2 min.							
#9 - The Ladder	# times thru in 2 min.							
Ball Control & Management	Goal	M	T	W	T	F	S	S
#1 – The Jing Bailout Move	10 Reps-2 directions							
#2 – The Scissor Bailout Move	10 Reps-2 directions							
#3 - Dribbling With Moves Drill	3-5 mins. in grid							
Receiving/Passing The Ball	Goal	M	T	W	T	F	S	S
#1 - Passing To Receiver’s Advantage	10+ accurate passes							
#2 - Receiving With Open Stance	10+ good touches							
#3 - Long-Short Receiving Drill	20 Long/Short cycle							
#4 - Wall Pass Drill	3 min. drill							
Foot Skills With The Ball	Goal	M	T	W	T	F	S	S
#1 – The Pull Behind	15-20 Reps per foot							
#2 – The Step Behind	15-20 Reps per foot							
#3 – The Step In Front	15-20 Reps per foot							
#4 – The Step Over	# Reps in 2 min.							

My Assessment Of Week #5:

- 1) Can I do 100 Mountain Climber moves?
- 2) Can I do the Scissors Bail Out move with both feet?
- 3) Can I do the Wall Pass Drill accurately for 3 minutes?
- 4) Can I do the “step behind” and “step in front” moves for 20 reps with each foot?

Yes	I Tried My Best But I Need More Work
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