

		Days Accomplishments						
Strength & Conditioning	Goal	M	T	W	T	F	S	S
#1 - Upper Arm Combo Stretch								
#2 - Lower Body Combo Stretch								
#3 - Neck-Core-Back Combo Stretch								
#4 - Pushup-Crunch Combination	10-12 Reps							
#5 - Squat-Pushup Combination	12-15 Reps							
#6 - Side-To-Side Jump Heading	# Reps in 2 min.							
#7 - Super Combination Drill	# Reps in 2 min.							
Ball Control & Management	Goal	M	T	W	T	F	S	S
#1 - Juggle & Dribble Combo	3 min. drill							
#2 - Ball Out Of Air & Explode	10 throws each foot							
#3 – Beat-The-Man Move & Explode	15+ good combos							
#4 – Beat-The-Man Move W/Pressure	10 good moves							
Receiving/Passing The Ball	Goal	M	T	W	T	F	S	S
#1 - Shooting On Goal At A Target	10 hits out of 20							
#2 - Shooting On Goal – Passing Shot	15 hits out of 25							
Foot Skills With The Ball	Goal	M	T	W	T	F	S	S
#1 - Square Cut & Pull The V Combo	10 each direction							
#2 - Step Over & Scissors Combo	15 each direction							
#3 - Rollover & Scissors Combo	15 each direction							

My Assessment Of Week #6:

1) Was I able to Side-to-Side Jump Heading more than 20 times in 2 minutes?

Yes

I Tried My Best But I Need More Work

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2) Could I comfortably/accurately take the ball out of the air and explode with a beat-the-man move?

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3) Could I shoot and hit the target more then 10+ out of 20 strikes?

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4) Could I perform the Square Cut and Pull The V in both directions comfortably and accurately?

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