**Day One: Ball Work**

* Juggle for 3 minutes continuous.
* Juggle right foot only, hopping on your left, for 45 seconds continuous.
* Rest 15 seconds.
* Juggle left foot only, hopping on your right, for 45 seconds continuous.
* Rest 15 seconds.
* Repeat 3 times.
* Juggle head only for two minutes.
* Juggle head, thigh, foot (one touch, in order) for one minute.
* Rest 15 seconds.
* Juggle foot, thigh, head for one minute.
* Rest 15 seconds.
* Repeat three times.
* Do 3 sets of move below.
* https://www.youtube.com/watch?v=z2F8UgqeMBQ
* Dribbling sequence #2. Complete each set 3 times with Right foot and then again with Left foot.
* https://www.youtube.com/watch?v=iHS5FXolqm4
* Dribbling sequence #3. Complete each set 3 times with Right foot and then again with left foot.
* https://www.youtube.com/watch?v=o-WfcPuVyjU

**Day 2: Ball Work**

* Juggle 3 minutes continuous, trying to achieve your high score.
* [Seattle Sounders Shuffle](https://vimeo.com/239911081)
* 1 minute sets with 15 seconds rest. Repeat 5 times. Final set do for 30 seconds and count how many touches you get on the ball. Challenge your teammates to beat your score.
* [Seattle Sounders "Forward/Backwards"](https://vimeo.com/239911091)
* 1 minute sets with 15 seconds rest. Repeat 5 times. Final set do for 30 seconds and count how many touches you get on the ball. Challenge your teammates to beat your score.
* [Seattle Sounders "Inside/Outside"](https://vimeo.com/239911109)
* 1 minute sets with 15 seconds rest. Repeat 5 times
* Rest 1 minute
* Can you do the variations? Repeat five times
* https://www.youtube.com/watch?v=z083Rs3qCC8

**Day 3: Ball work**

* Juggle for 3 minutes continuous alternating feet. Keep track of your high score for the day. Challenge your teammates to beat your high score.
* [Seattle Sounders "push/pull"](https://vimeo.com/239911116)
* 1 minute sets with 15 seconds rest. Repeat 5 times
* Juggle for 2 minutes – try to complete the sequence. Right foot, right thigh, right shoulder, head, left shoulder, left thigh, left foot.
* [Seattle Sounders "squish roll"](https://vimeo.com/239911128)
* 1 minute sets with 15 seconds rest. Repeat 5 times
* Juggle for 2 minutes – Thighs only. Keep track of your high score. Challenge your teammates to beat your score.
* [Seattle Sounders "Brazilian Taps"](https://vimeo.com/239911153)
* 1 minute set with 15 seconds rest. Repeat 5 times
* <https://www.youtube.com/watch?v=JNQpRRWvuMo>
* 1 minute sets with 15 seconds rest. Repeat 5 Times

**Day 4: Ball work**

* Juggle for 3 minutes continuous. Keep track of you high score for the day
* [Seattle Sounders "Tap-Tap-Roll"](https://vimeo.com/239911166)
* 1 minute set with 15 seconds rest. Repeat 5 times
* Juggle for 2 minutes. Juggle while walking and see how far you can go without the ball hitting the ground. Ideally try and alternate feet for every touch. Pick a starting point and have an object that you can use to mark the spot where you dropped the ball. Try and beat that spot on your next try.
* [Seattle Sounders "Continuous Stepover"](https://vimeo.com/239911178)
* 1 minute set with 15 seconds rest. Repeat 5 times
* [Seattle Sounders "Continuous L-turn"](https://vimeo.com/239911197)
* 1 minute set with 15 seconds rest. Repeat 5 times
* [Seattle Sounders "Backwards L-Turn"](https://vimeo.com/239911216)
* 1 minute set with 15 seconds rest. Repeat 5 times
* [Seattle Sounders "Single Foot-V"](https://vimeo.com/239911232)
* 1 minute set with 15 seconds rest. Repeat 5 times
* <https://www.youtube.com/watch?v=ECpDPTX0v-w>
* 1 minute set with 15 seconds rest. Repeat 5 times.

**Day 5: Off (Recovery Day)**

**Day 6: Fitness**

**You pick your favorite of the four days and Repeat! Also watch these two videos!**

* [Christian Pulisic](https://www.youtube.com/watch?v=Ji55vm2R5YM)
* [Mal Pugh](https://www.youtube.com/watch?v=zgD8sjURt5M)

**Day 7: Off (Recovery Day)**

