



GWINNETT

SOCCER ACADEMY

Fitness with a ball by Coach Rusty

Workout time = 35 minutes

Note: technique to master is a touch on the ball with every step you take and to establish quick feet for change of directions, you must concentrate on control and keeping the ball. The key to dribbling is creativity and confidence with the ball and having the ability to change speeds and direction.

- 1. Dribble around with touches inside & outside of each foot (1 min)**
- 2. Stretch (1 min)**
- 3. Dribble around with change direction moves – step overs, sole rolls & cut moves (1 min)**
- 4. Stretch (1 min)**
- 5. Penetration dribble in one direction with outside & inside of foot cutbacks (1 min)**
- 6. Stretch (1 min)**
- 7. Dribble with moves - Ex: Defensive stepovers, Cruyffs, sole rolls, double step-over, sweeps, step left push ball with outside right – be creative with upper and lower body fakes (1 min)**
- 8. 30 jumps over the ball from side to side**
- 9. Repeat step 7 (1 min)**
- 10. 30 jumps over the ball from behind to front**
- 11. Repeat step 7 (1 min)**
- 12. Juggle the ball (1 min)**
- 13. 20 pushups over the ball with ball in the center of your chest (must make contact)**
- 14. Juggle the ball on the jog (1 min)**
- 15. 20 sit-ups**
- 16. Repeat step 7 (1 min)**
- 17. Inside Outsides (1 min)**
- 18. 30 jumps over the ball from side to side**
- 19. Toe taps forward and backwards (1 min)**
- 20. 30 jumps over the ball from back to front**
- 21. 20 pushups over the ball with ball in the center of your chest (must make contact)**
- 22. Juggle the ball (1 min)**
- 23. Repeat step 7 (1 min)**
- 24. 20 sit-ups**
- 25. Repeat step 7 (1 min)**
- 26. Juggle the ball on the jog (1 min)**
- 27. Repeat step 7 (1 min)**
- 28. Sole roll to the outside and repeat with opposite foot (1 min)**
- 29. Repeat step 7 (1 min)**
- 30. 30 knees to chest**