

LESSON 16 - SOCCER

JUMP ROPE/HOPS

:50 of Jump Rope

Your Score:

Side to Side Hops

Your Score:

DRILL

DRIBBLE COURSE #2

Goal: Complete Zig Zag course in :15 or under

Your Time:

HOMEWORK

PLANK #2

Goal: Hold Plank for :45 without falling/interruption

Your Time:

LESSON 17 - SOCCER

JUMP ROPE/HOPS

:50 of Jump Rope

Your Score:

Split Hops

Your Score:

DRILL

TARGET PASSING DRILL #2

Goal: 10 Points (5 kicks)

Your Score:

HOMEWORK

FITNESS #7

TOTAL: Squats

TOTAL: Sit Ups

Goal: 45 Total Reps

LESSON 18 - SOCCER

JUMP ROPE/HOPS

:50 of Jump Rope

Your Score:

Front to Back Hops

Your Score:

DRILL

SCORING DRILL #2

Goal: 4 Goals from each cone (5 tries per cone)

Your Score:

HOMEWORK

FITNESS #8

Goal: 6 Rounds Completed

Your Score: