

LESSON 04 - SOCCER**JUMP ROPE/HOPS**

:30 of Jump Rope

Your Score:

Side to Side Hops

Your Score: **NO SA BUCKS****DRILL****DRIBBLE COURSE #1****Goal:** Complete Straight Line course in :15 or underYour Time: **2 SA BUCKS****HOMEWORK****FITNESS #2****Goal:** 4 Rounds CompletedYour Score: **2 SA BUCKS****LESSON 05 - SOCCER****JUMP ROPE/HOPS**

:30 of Jump Rope

Your Score:

Split Hops

Your Score: **NO SA BUCKS****DRILL****TARGET PASSING DRILL #1****Goal:** 10 Points (5 kicks)Your Score: **2 SA BUCKS****HOMEWORK****FITNESS #3****Goal:** Finish workout in 3:00 or underYour Time: **2 SA BUCKS****LESSON 06 - SOCCER****JUMP ROPE/HOPS**

:30 of Jump Rope

Your Score:

Front to Back Hops

Your Score: **NO SA BUCKS****DRILL****SCORING DRILL #1****Goal:** 3 Goals from each cone (5 tries per cone)Your Score: **2 SA BUCKS****HOMEWORK****MAX DISTANCE BROAD JUMP #1****Goal:** Set Your Personal RecordYour Distance:

Record in INCHES

3 SA BUCKS