

LESSON 04 - SOCCER

JUMP ROPE/HOPS

:30 of Jump Rope

Your Score:

Side to Side Hops

Your Score:

DRILL

DRIBBLE COURSE #1

Goal: Complete Straight Line course in :15 or under

Your Time:

HOMEWORK

FITNESS #2

Goal: 4 Rounds Completed

Your Score:

LESSON 05 - SOCCER

JUMP ROPE/HOPS

:30 of Jump Rope

Your Score:

Split Hops

Your Score:

DRILL

TARGET PASSING DRILL #1

Goal: 10 Points (5 kicks)

Your Score:

HOMEWORK

FITNESS #3

Goal: Finish workout in 3:00 or under

Your Time:

LESSON 06 - SOCCER

JUMP ROPE/HOPS

:30 of Jump Rope

Your Score:

Front to Back Hops

Your Score:

DRILL

SCORING DRILL #1

Goal: 3 Goals from each cone (5 tries per cone)

Your Score:

HOMEWORK

MAX DISTANCE BROAD JUMP #1

Goal: Set Your Personal Record

Your Distance:

Record in INCHES