

SKSU SKILLS WORKOUT

DATE :																	goal time
BALL SKILLS	Time	Time	Time	Time	Time	Time	Time	Time	Time	Time	Time	Time	Time	Time	Time	Time	
inside right foot																	
inside left foot																	
outside right foot																	
outside left foot																	
right foot rolls																	
left foot rolls																	
quick touch, pulls																	
snakes, right & left; 4-touch rolls; V-backheel																	

Initially, the ball skills will be performed with only technique in mind. Proper technique is more important than speed. Once you're able to execute the techniques at a good pace without your technique breaking down, set your goal time. To determine your goal time place two cones 10 yards apart and move through the patterns without the ball as fast as you can, moving your body as if you had the ball. Then execute the different skills with the ball at your best speed. Record the date and your best time for each ball skill. This will take 5 minutes.

DATE :																	goal amt
JUGGLE	Amt	Amt	Amt	Amt	Amt	Amt	Amt	Amt	Amt	Amt	Amt	Amt	Amt	Amt	Amt	Amt	
feet																	
thigh																	
head																	
shoulder																	
14 point/combine																	

Spend 1 minute juggling with each part of the body listed. Record the date and highest amount juggled. This will take 5 minutes.

DATE :																	
MOVES	+ Means you have mastered the move / Means you are working on the move																
lunge																	
step over opposite																	
step over same																	
fake shot cut																	
fake shot push																	
fake shot roll																	
snake																	

Each move you've been shown should be executed 6 times, 3 moves to the right side and 3 to the left. Your final touch on the ball at the end of the move should be gentle enough to play the ball again within one to two steps. This will take 3 to 5 minutes.

DATE :																	
FIRST TOUCH	+ Means you have mastered the move / Means you are working on the move																
inside right foot																	
outside right foot																	
inside left foot																	
outside left foot																	

Control the ball a total of 12 times. First touch should be practiced while both you and the ball are moving. Penetrate forward to the right and left side when controlling the ball. Avoid slowing down or stopping when controlling the ball. Use the inside of the right foot to control to your left and vice versa. Use the outside of the right foot to control to the right and the outside of the left foot to control to the left. This will take 3 to 5 minutes.

Do all portions of the Skills Workout 5 days a week and watch your confidence grow!