

It takes 10,000 hours to be a master.

What Have You Done Today?

EUSA Individual Ball Workout

Ball Work

This workout can be completed on all days off and only requires a ball and a 4x4 space.

Individual Work Out

Juggling:

1. 50 touches each with feet, thighs, head (if space permits)
2. Set of 15 push ups, 15 sit ups

Footwork Exercises: Do a footwork exercise for 1 minute straight then a set of 15 push ups and 15 sit ups between exercises. Continue this pattern for all four exercises:

1. Triangles-push ball from 1 foot to the other, second touch is out in front of the first foot, third touch is pulling back and starting all over. The pattern of ball movement is a triangle.
2. Stop and cut-push ball to one side with the outside of your foot, stop the ball with the same foot, and then explode with a quick touch back the other way with the outside of your opposite foot.
3. Fast feet/Toe Touches-roll the ball back and forth between both feet at a high speed while keeping your head up.
4. Sole role stop-roll the ball with the sole of your foot from side to side alternating feet, draw letters of the alphabet with the ball.

Juggling:

1. 50 touches each with feet, thighs, head (if space permits)
2. Set of 15 push ups, 15 sit ups

Dribbling:

1. 2 Cones 4 yards apart, dribble at cone, 180 degree outside-turn. (5 times each foot=total of 10 outside turns per)
 - a. Inside foot chop
 - b. Outside foot chop
 - c. Pullback
 - d. Cryuff

Wall or Partner Work Out

**Passing/
Receiving**

1. 1 touch passing on the floor (10 yards, 2 minutes)
2. 2 touch passing on the floor (10 yards, 2 minutes)
3. Half turns off the wall...turn and play
 - receive right, play with right, receive left play with left 15 times each
 - receive right, play with left, receive left play with right, 15 times each