

Michigan Jaguars FC Workout G - Coach Dalzochio

1. Juggling (2 sets)

- a. One minute total:
 - i. 30 seconds only right foot, switch 30 seconds only left foot
- b. One minute total:
 - i. Both feet only
- c. One minute total:
 - i. Feet and thighs only
- d. One minute total:
 - i. Take 2-3 juggles and then hit the ball up above your waist and settle with inside of foot (alternate feet)
- e. One minute total:
 - i. Take 2-3 juggles and then hit the ball up above your waist and settle with outside of foot (alternate feet)

Repeat sequence for a total of 2 sets (10 minutes)

2. Dribbling in a tight space (with cones about 2-3 yards apart) 2 sets

- a. One minute
 - i. Push twice with the outside of the right foot and then stepover with left foot, repeat with left foot in opposite direction
- b. 30 second rest
- c. One minute
 - i. Push twice with the outside of your right foot and when you get to the cone pull the ball back in a "v" shape to your left foot and repeat to opposite cone
- d. 30 second rest
- e. One minute
 - i. Roll the ball with the bottom of your right foot twice and then stop the ball with the outside of your right foot, switch to your left foot and repeat to the opposite cone
- f. 30 second rest
- g. One minute
 - i. Make an "L" with the ball by pulling the ball back with your right foot and then pushing it behind your left (plant) foot, push the ball with the outside of your left (plant) foot and repeat to opposite side
- h. 30 second rest
- i. One minute
 - i. Roll with your right foot and then do a scissor with the same foot then push the ball to the cone with your left foot, stop with your left and repeat to the other side

Repeat sequence for a total of 2 sets (14:30 minutes)

Michigan Jaguars FC Workout G - Coach Dalzochio

3. Dribbling (2 cones about 20 yards apart with a diamond in the middle) 1 set
 - a. One minute
 - i. Dribble with your left foot and scissor with your left before getting to the diamond, then push out with your right foot and accelerate to the other cone
 - b. 30 second rest
 - c. One minute
 - i. Dribble with your right foot and scissor with your right before getting to the diamond, then push out with your left foot and accelerate to the other cone.
 - d. 30 second rest
 - e. One minute
 - i. Dribble on the side of the cone with your right foot only, once you get to the top of the diamond, fake a shot with your right foot and then pull back with your right foot and accelerate back
 - f. 30 second rest
 - g. One minute
 - i. Dribble on the side of the cone with your left foot only, once you get to the top of the diamond, fake a shot with your left foot and then pull back with your left foot and accelerate back
 - h. 30 second rest
 - i. One minute
 - i. Dribble to the diamond with your right foot and then pull the ball back with your right foot in a "V" shape over to your left and accelerate out with your left foot
 - j. 30 second rest
 - k. One minute
 - i. Dribble to the diamond with your left foot and then pull the ball back with your left foot in a "V" shape over to your right and accelerate out with your right foot
 - l. 30 second rest
 - m. One minute
 - i. Dribble on the side of the cone with your right foot only, once you get to the top of the diamond do a stepover and push the ball back with the outside of your right foot and dribble back
 - n. 30 second rest
 - o. One minute
 - i. Dribble on the side of the cone with your left foot only, once you get to the top of the diamond do a stepover and push the ball back with the outside of your left and dribble back
 - p. 30 second rest

Michigan Jaguars FC Workout G - Coach Dalzochio

- q. One minute
 - i. Dribble to the diamond with your right foot only and draw an "L" with the ball by pulling it back and behind your left (plant) foot and then accelerate to the other cone with your left foot.
- r. 30 second rest
- s. One minute
 - i. Dribble to the diamond with your left foot only and draw an "L" with the ball by pulling it back and behind your right (plant) foot and then accelerate to the other cone with your right foot.
- t. 30 second rest
- u. One minute
 - i. Dribble to the diamond with your right foot, double scissor before the diamond and then accelerate to the other cone with your right foot.
- v. 30 second rest
- w. One minute
 - i. Dribble to the diamond with your left foot, double scissor before the diamond and then accelerate to the other cone with your left foot.

Only do 1 set (17:30 minutes total)