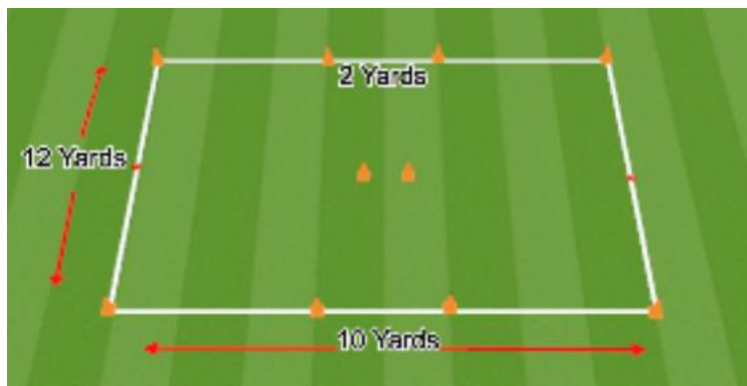




Livermore Fusion SC
Technical Skills Workout: Level 2
Week of April 6-12



Technical Skills Workout Set-Up: 12 yards x 10 yards

Video Link

<https://youtu.be/8hYQTY65Jm0>

Exercise	Coaching Points	Reps	Sets
Pullback -Behind the back	Using the bottom of the foot to pull ball. Body turns to the inside while ball goes behind back.	4	2
Pullback-Turn Outside	Using the bottom of the foot to pull the ball. Body turns to the outside and ball follows movement.	4	2
Pullback -Turn Inside	Using the bottom of the foot to pull the ball. Body turns to the inside and ball follows movement.	4	2
Inside Foot Chop	Using the inside of the foot to chop the ball to the inside of the body.	4	2
Outside Foot Chop	Using the outside of the foot to chop the ball to the outside of the body.	4	2