

VSA at Home Soccer Exercises



Week 3: Dribble Challenge 3

YouTube Link: <https://youtu.be/7vxcEBJ3nNk>

Equipment Required: 3 Cones, a small field size and a ball.

- You may adjust the distance based on your training environment or physical stage in your development.
- *Important: Make sure that you keep the cones equidistant each day so you can properly gauge your progress 😊*
- 45 Seconds Work/15 Second Rest: Record your number of full rotations each day so you can attempt to beat your previous day's results.
- Feel free to share with friends – Challenge them + enjoy!
- Be creative with new challenges. Please feel free to share!

Stationary Challenge 3 - Record maximum number of touches in a 45 second span

Skill Set 1: Sticky Feet Alternating

45 Seconds Active Work

15 Seconds Rest

Number of Full Rotations:

Skill Set 7: Pull Open Right

45 Seconds Active Work

15 Seconds Rest

Number of Full Rotations:

Skill Set 2: Brazilian Toe Taps

45 Seconds Active Work

15 Seconds Rest

Number of Full Rotations:

Skill Set 8: Pull Open Left

45 Seconds Active Work

15 Seconds Rest

Number of Full Rotations:

Skill Set 3: Fwd/Back Sole Roll Right

45 Seconds Active Work

15 Seconds Rest

Number of Full Rotations:

Skill Set 9: Right Foot Step Over Pull

45 Seconds Active Work

15 Seconds Rest

Number of Full Rotations:

Skill Set 4: Fwd/Back Sole Roll Left

45 Seconds Active Work

15 Seconds Rest

Number of Full Rotations:

Skill Set 10: Left Foot Step Over Pull

45 Seconds Active Work

15 Seconds Rest

Number of Full Rotations:

Skill Set 5: Iniestas

45 Seconds Active Work

15 Seconds Rest

Number of Full Rotations:

Skill Set 11: Left Foot L Turn, Right Pull

45 Seconds Active Work

15 Seconds Rest

Number of Full Rotations

Skill Set 6: Drag, Outside Cut

45 Seconds Active Work

15 Seconds Rest

Number of Full Rotations:

Skill Set 11: Right Foot L Turn, Left Pull

45 Seconds Active Work

15 Seconds Rest

Number of Full Rotations:

***After Completing Round 1:** 1.5 Minute Water Break

***Repeat Full Cycle – 5 Minute Juggling Cool Down** - Record and Compare Scores when finished.

***Total Time:** 28.5 Minutes

THANK YOU FOR PARTICIPATING!

NO TRAINING? *NO PROBLEM!*

Enjoy your weekly workouts courtesy of VSA @ Home Exercises!

Please share your weekly results by emailing them to JASON@VSA-NJ.COM

