

# VSA at Home Soccer Exercises



## **Week 3: Turn Challenge 2**

**YouTube Link:** <https://youtu.be/TZ2TZBQYTPQ>

Equipment Required: 6 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!

**Turn Challenge 2:** Each skillset will be recorded based on each complete lap you make – Beginning + Ending with original starting spot.

**Skill Set 1: Right L Turn + Pull Open**

45 Seconds Active Work

15 Seconds Rest

Number of Full Rotations:

**Skill Set 2: Left L Turn + Pull Open**

45 Seconds Active Work

15 Seconds Rest

Number of Full Rotations:

**Skill Set 3: Zidane Right to Left**

45 Seconds Active Work

15 Seconds Rest

Number of Full Rotations:

**Skill Set 4: Zidane Left to Right**

45 Seconds Active Work

15 Seconds Rest

Number of Full Rotations:

**Skill Set 5: Cruyf Right**

45 Seconds Active Work

15 Seconds Rest

Number of Full Rotations:

**Skill Set 6: Cruyf Left**

45 Seconds Active Work

15 Seconds Rest

Number of Full Rotations:

**Skill Set 7: Scissor Right**

45 Seconds Active Work

15 Seconds Rest

Number of Full Rotations:

**Skill Set 8: Scissor Left**

45 Seconds Active Work

15 Seconds Rest

Number of Full Rotations:

**Skill Set 9: Drag Step Over Left**

45 Seconds Active Work

15 Seconds Rest

Number of Full Rotations:

**Skill Set 10: Drag Step Over Right**

45 Seconds Active Work

15 Seconds Rest

Number of Full Rotations:

**Skill Set 11: Push, Scissor, Outside Cut Left**

45 Seconds Active Work

15 Seconds Rest

Number of Full Rotations:

**Skill Set 12: Push, Scissor, Outside Cut Right**

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:** 34.5 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](mailto:JASON@VSA-NJ.COM)

