

VSA at Home Soccer Exercises



Week 5: Dribble Challenge 5

YouTube Link: <https://youtu.be/4JbEMAO5BuA>

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!

Dribble Challenge 5 - Record maximum number of touches in a 45 second span

Skill Set 1: Drag + L Turn

45 Seconds Active Work

15 Seconds Rest

Number of Full Rotations:

Skill Set 2: Push + Scissor

45 Seconds Active Work

15 Seconds Rest

Number of Full Rotations:

Skill Set 3: Outside Double Push

45 Seconds Active Work

15 Seconds Rest

Number of Full Rotations:

Skill Set 4: L Turn + Pull Open

45 Seconds Active Work

15 Seconds Rest

Number of Full Rotations:

Skill Set 5: Sole Box + Transfer

45 Seconds Active Work

15 Seconds Rest

Number of Full Rotations:

Skill Set 6: Sole Box + Roll

45 Seconds Active Work

15 Seconds Rest

Skill Set 7: Shield Turns

45 Seconds Active Work

15 Seconds Rest

Number of Full Rotations:

Skill Set 8: Juggle Ups

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

