

VSA at Home Exercises

Week 1: Partner Challenge 1

YouTube Link: <https://youtu.be/kfVo79Zm4Qk>

Passing Challenges

Setup: 2x sets of 3 Cones in a Triangle.

*Each cone is anywhere between 5-8 feet apart.

*Each set of 3x cones is approximately 10-15 yards apart.

*You can adjust the distance based on your physical ability and skill set.

**A completion is counted when a pass is accurately given inside the grid + controlled inside the grid by recipient*

Challenge 1: Two Touch, Pass + Receive
90 Seconds Active Work
15 Seconds Rest
Number of Completions:

Challenge 2: One Touch
90 Seconds Active Work
15 Seconds Rest
Number of Completions:

Challenge 3: Chip Into Grid: *This should be done by placing the ball into your teammate's grid, using back spin. Get underneath the ball – NOT around the side of it*
90 Seconds Active Work
15 Seconds Rest
Number of Completions:

Juggling Challenges

Challenge 1: One Touch
90 Seconds Active Work
15 Seconds Rest
Highest Consecutive Touches:

Challenge 2: Two Touch
90 Seconds Active Work
15 Seconds Rest
Highest Consecutive Touches:

Challenge 3: One, Two, Three Touch
90 Seconds Active Work
15 Seconds Rest
Highest Consecutive Touches:

Challenge 4: Headers
90 Seconds Active Work
15 Seconds Rest
Highest Consecutive Touches:

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

