

# VSA at Home Soccer Exercises



## **Week 4: Dribble Challenge 4**

YouTube Link: <https://youtu.be/kH7YYXw5bN8>

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 4** - Record maximum number of touches in a 45 second span

**Skill Set 1: Pull, Outside Push**

45 Seconds Active Work

15 Seconds Rest

Number of Full Rotations:

**Skill Set 2: Pull, Outside Touch w/ Transfer**

45 Seconds Active Work

15 Seconds Rest

Number of Full Rotations:

**Skill Set 3: Pull, Outside Touch w/ Box**

45 Seconds Active Work

15 Seconds Rest

Number of Full Rotations:

**Skill Set 4: Rolls**

45 Seconds Active Work

15 Seconds Rest

Number of Full Rotations:

**Skill Set 5: Box, Box + Roll**

45 Seconds Active Work

15 Seconds Rest

Number of Full Rotations:

**Skill Set 6: Iniesta**

45 Seconds Active Work

15 Seconds Rest

Number of Full Rotations:

**Skill Set 7: Inside Outside Push**

45 Seconds Active Work

15 Seconds Rest

Number of Full Rotations:

**Skill Set 8: L Turn**

45 Seconds Active Work

15 Seconds Rest

Number of Full Rotations:

**Skill Set 9: L Turn Box**

45 Seconds Active Work

15 Seconds Rest

Number of Full Rotations:

**Skill Set 10: Step Over**

45 Seconds Active Work

15 Seconds Rest

Number of Full Rotations:

**Skill Set 11: Roll Chip, Lace w/ Transfer**

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

