

VSA at Home Soccer Exercises



Week 2: Turn Challenge 1

YouTube Link: <https://youtu.be/6k1kLSCvkNg>

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

Skill Set 1: Inside Cut Right Foot

45 Seconds Active Work

15 Seconds Rest

Number of Full Rotations:

Skill Set 8: Step Over Left

45 Seconds Active Work

15 Seconds Rest

Number of Full Rotations:

Skill Set 2: Inside Cut Left Foot

45 Seconds Active Work

15 Seconds Rest

Number of Full Rotations:

Skill Set 9: U-Turn Right Foot

45 Seconds Active Work

15 Seconds Rest

Number of Full Rotations:

Skill Set 3: Outside Cut Right Foot

45 Seconds Active Work

15 Seconds Rest

Number of Full Rotations:

Skill Set 10: U-Turn Left Foot

45 Seconds Active Work

15 Seconds Rest

Number of Full Rotations:

Skill Set 4: Outside Cut Left Foot

45 Seconds Active Work

15 Seconds Rest

Number of Full Rotations:

Skill Set 11: Pull Back Right Foot

45 Seconds Active Work

15 Seconds Rest

Number of Full Rotations:

Skill Set 5: Step Over Right, Transfer Left

45 Seconds Active Work

15 Seconds Rest

Number of Full Rotations:

Skill Set 12: Pull Back Left Foot

45 Seconds Active Work

15 Seconds Rest

Number of Full Rotations:

Skill Set 6: Step Over Left, Transfer Right

45 Seconds Active Work

15 Seconds Rest

Number of Full Rotations:

Skill Set 13: Ronaldo Chop Right Foot

45 Seconds Active Work

15 Seconds Rest

Number of Full Rotations:

Skill Set 7: Step Over Right

45 Seconds Active Work

15 Seconds Rest

Number of Full Rotations:

Skill Set 14: Ronaldo Chop Left Foot

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

