

VSA at Home Soccer Exercises



Week 3: Partner Challenge 2

YouTube Link: <https://youtu.be/EfwZpjp-hrl>

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 😊*
- 90 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!

Partner Skill Sets

Two Person Passing Challenges

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

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

*Each set is approximately 5-10 yards apart.

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

Exercise 1: First Touch

Challenge 1: Touch Inside Right, Pass Left

90 Seconds Active Work

15 Seconds Rest

Number of Completions:

Challenge 2: Touch Inside Left, Pass Right

90 Seconds Active Work

15 Seconds Rest

Number of Completions:

Challenge 3: Touch Outside Right, Pass Right

90 Seconds Active Work

15 Seconds Rest

Number of Completions:

Challenge 4: Touch Outside Left, Pass Left

90 Seconds Active Work

15 Seconds Rest

Number of Completions:

Challenge 5: Feint + Pass Right

90 Seconds Active Work

15 Seconds Rest

Number of Completions:

Challenge 6: Feint + Pass Left

90 Seconds Active Work

15 Seconds Rest

Number of Completions:

Rotation Rounds

Exercise 2: Rotations

Challenge 7: Cut Pass Right

90 Seconds Active Work

15 Seconds Rest

Number of Completions:

Challenge 8: Cut Pass Left

90 Seconds Active Work

15 Seconds Rest

Number of Completions:

Challenge 9: Open Hips, Pass Right

90 Seconds Active Work

15 Seconds Rest

Number of Completions:

Challenge 10: Open Hips, Pass Left

90 Seconds Active Work

15 Seconds Rest

Number of Completions:

***Record your best results** – Repeat Challenge as many times as you'd like.

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

