

VSA at Home Soccer Exercises



Week 2: Dribble Challenge 2

YouTube Link: <https://youtu.be/SAbRj2ODvT0>

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 2 - Record maximum number of touches in a 45 second span

Skill Set 1: Stationary Boxes

45 Seconds Active Work

15 Seconds Rest

Number of Touches:

Skill Set 2: Boxes Forward + Back

45 Seconds Active Work

15 Seconds Rest

Number of Touches:

Skill Set 3: Toe Taps

45 Seconds Active Work

15 Seconds Rest

Number of Touches:

Skill Set 4: Toe Taps Forward + Back

45 Seconds Active Work

15 Seconds Rest

Number of Touches:

Skill Set 5: Inside Outside Cuts

45 Seconds Active Work

15 Seconds Rest

Number of Touches:

Skill Set 6: Push Pull Left

45 Seconds Active Work

15 Seconds Rest

Number of Touches:

Skill Set 7: Push Pull Right

45 Seconds Active Work

15 Seconds Rest

Number of Touches:

Skill Set 8: Push Pull Alternating

45 Seconds Active Work

15 Seconds Rest

Number of Touches:

Skill Set 9: Roll Boxes

45 Seconds Active Work

15 Seconds Rest

Number of Touches:

Skill Set 10: Swipes

45 Seconds Active Work

15 Seconds Rest

Number of Touches:

Skill Set 11: Pull Switch

45 Seconds Active Work

15 Seconds Rest

Number of Touches:

Skill Set 12: Right Circle Soles

45 Seconds Active Work

15 Seconds Rest

Number of Touches:

Skill Set 13: Left Circle Soles

45 Seconds Active Work

15 Seconds Rest

Number of Full Rotations

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

