

Southeast Soccer Club – Preseason Week 2

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Feet	Speed	Ladder	Speed	Ladder	Speed	Beep Test or Yo-Yo	Rest
Body	Core	Upper	Core	Upper	Core	Rest	Rest
Ball	Box or Wall	Box or Wall	Box or Wall	Box or Wall	Box or Wall	Rest	Optional Box or Wall