

Workout B

Receiving

You will need a ball and a wall (or partner) for this program (2 minute recovery between activities).

- 8 minutes Coerver warm-up (moves, fakes & touches using all surfaces of both feet)
- 12 minutes 5-7 yards from the wall, pass ball against wall, as it comes back, receive with Inside (across body to opposite foot, pass back with opposite foot against wall)
- 12 minutes 5-7 yards from the wall, pass ball against wall, as it comes back, receive with Outside (push to outside of body).
- 12 minutes 10-15 yards from the wall, strike the ball with power, receive it cleanly (inside and outside). Focus on technique and NOT power). Lock ankle, toe pointed down, non-kicking foot beside ball, head and knee over ball and quickly and fire another shot at the wall. You can do the same with a fake shot and touch.

