

# Hudson - Epic Pro Individual Training at Home



CIRCUIT

1



1 :: LAY DOWN PUSH UPS

10x



2 :: HIGH KNEES

10x/Leg



3 :: KNEE PUSH UPS

10x



4 :: BURPE

10x

CIRCUIT

2



1 :: SPRINT 10 YARDS - JOG BACK

2x



2 :: SPRINT 40 YARDS - JOG BACK

4x



3 :: SPRINT 20 YARDS - JOG BACK

2x



4 :: SPRINT 40 YARDS - JOG BACK

3x

5 MINUTES ON, 2 MINUTES REST, 2 X EACH CIRCUIT

WEEK 1 :: SESSION 1



CIRCUIT  
1



1 :: LONG JUMP

10x



2 :: SINGLE LEG HOP

10x/Leg



3 :: SQUAT JUMP

10x



4 :: LUNGE

10/Leg

CIRCUIT  
2



1 :: 3 CONE PASSING LEVEL 2

45 Sec On/30 Off



2 :: 3 CONE PASSING LEVEL 3

45 Sec On/30 Off



3 :: 3 CONE PASSING LEVEL 5

45 Sec On/30 Off



4 :: 3 CONE PASSING LEVEL 7

45 Sec On/30 Off

CIRCUIT  
1



1 :: JUGGLING - BOUNCE RIGHT ONLY

1 Min On/15s Off



2 :: JUGGLING - BOUNCE LEFT ONLY

1 Min On/15s Off



3 :: JUGGLING - BOTH FEET BOUNCE

1 Min On/15s Off



4 :: JUGGLING - BOTH FEET

1 Min On/15s Off

CIRCUIT  
2



1 :: CRUNCH

10x



2 :: SIT UP

10x



3 :: V UP

10x



4 :: FLUTTER KICK

10x/Leg

CIRCUIT

1



1 :: KNEE PUSH UPS

10x



2 :: CRUNCH

10x



3 :: SQUAT

10x



4 :: LONG JUMP

10x

CIRCUIT

2



1 :: LAY DOWN PUSH UPS

10x



2 :: SIT UP

10x



3 :: SQUAT JUMP

10x



4 :: SINGLE LEG HOP

10x/Leg

CIRCUIT  
1



1 :: LONG JUMP

10x



2 :: SINGLE LEG HOP

10x/Leg



3 :: SQUAT JUMP

10x



4 :: LUNGE

10/Leg

CIRCUIT  
2



1 :: 3 CONE PASSING LEVEL 2

45 Sec On/30 Off



2 :: 3 CONE PASSING LEVEL 3

45 Sec On/30 Off



3 :: 3 CONE PASSING LEVEL 5

45 Sec On/30 Off



4 :: 3 CONE PASSING LEVEL 7

45 Sec On/30 Off



CIRCUIT  
1



1 :: JUGGLING - BOUNCE RIGHT ONLY

1 Min On/15s Off



2 :: JUGGLING - BOUNCE LEFT ONLY

1 Min On/15s Off



3 :: JUGGLING - BOTH FEET BOUNCE

1 Min On/15s Off



4 :: JUGGLING - BOTH FEET

1 Min On/15s Off

CIRCUIT  
2



1 :: CRUNCH

10x



2 :: SIT UP

10x



3 :: V UP

10x



4 :: FLUTTER KICK

10x/Leg

CIRCUIT

1



1 :: PUSH UPS

10x



2 :: BUTT KICKERS

10x/Leg



3 :: WIDE PUSH UPS

10x



4 :: BURPE

10x

CIRCUIT

2



1 :: SPRINT 10 YARDS - JOG BACK

4x



2 :: SPRINT 40 YARDS - JOG BACK

3x



3 :: SPRINT 20 YARDS - JOG BACK

4x



4 :: SPRINT 40 YARDS - JOG BACK

3x

5 MINUTES ON, 2 MINUTES REST, 2 X EACH CIRCUIT

WEEK 3 :: SESSION 1

CIRCUIT  
1



1 :: POWER SKIP

10x/Leg



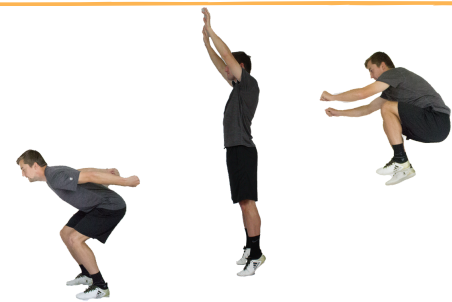
2 :: SQUAT

10x



3 :: HIP RAISE

10x/Leg



4 :: TUCK JUMP

10x

CIRCUIT  
2



1 :: 3 CONE PASSING LEVEL 2

45 Sec On/30 Off



2 :: 3 CONE PASSING LEVEL 3

45 Sec On/30 Off



3 :: 3 CONE PASSING LEVEL 5

45 Sec On/30 Off



4 :: 3 CONE PASSING LEVEL 7

45 Sec On/30 Off



CIRCUIT  
1



1 :: JUGGLING - BOTH FEET BOUNCE

1 Min On/15s Off



2 :: JUGGLING - RIGHT FOOT ONLY

1 Min On/15s Off



3 :: JUGGLING - LEFT FOOT ONLY

1 Min On/15s Off



4 :: JUGGLING - BOTH FEET

1 Min On/15s Off

CIRCUIT  
2



1 :: LEG RAISES

10x



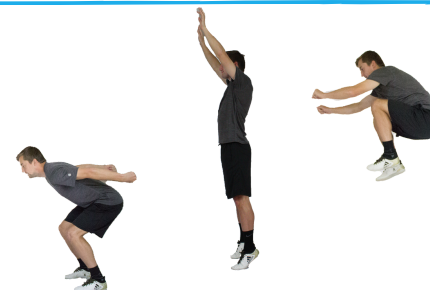
2 :: MOUNTAIN CLIMBERS

10x/Leg



3 :: STRAIGHT LEG SIT UPS

10x



4 :: TUCK JUMPS

10x

CIRCUIT

1



1 :: PUSH UP

10x



2 :: STRAIGHT LEG SIT UP

10x



3 :: FLUTTER KICK

10x



4 :: X JUMP

10x

CIRCUIT

2



1 :: WIDE PUSH UPS

10x



2 :: REVERSE CRUNCH

10x



3 :: PLANK

30 SEC



4 :: BURPEES

10x

CIRCUIT  
1



1 :: POWER SKIP

10x/Leg



2 :: SQUAT

10x



3 :: HIP RAISE

10x/Leg



4 :: TUCK JUMP

10x

CIRCUIT  
2



1 :: 3 CONE PASSING LEVEL 2

45 Sec On/30 Off



2 :: 3 CONE PASSING LEVEL 3

45 Sec On/30 Off



3 :: 3 CONE PASSING LEVEL 5

45 Sec On/30 Off



4 :: 3 CONE PASSING LEVEL 7

45 Sec On/30 Off

CIRCUIT  
1



1 :: JUGGLING - BOTH FEET BOUNCE

1 Min On/15s Off



2 :: JUGGLING - RIGHT FOOT ONLY

1 Min On/15s Off



3 :: JUGGLING - LEFT FOOT ONLY

1 Min On/15s Off



4 :: JUGGLING - BOTH FEET

1 Min On/15s Off

CIRCUIT  
2



1 :: LEG RAISES

10x



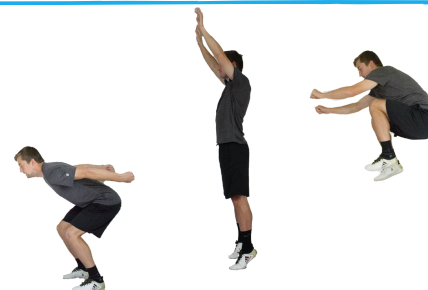
2 :: MOUNTAIN CLIMBERS

10x/Leg



3 :: STRAIGHT LEG SIT UPS

10x



4 :: TUCK JUMPS

10x



CIRCUIT

1



1 :: LAY DOWN PUSH UPS

15x



2 :: HIGH KNEES

20x/Leg



3 :: KNEE PUSH UPS

15x



4 :: BURPE

15x

CIRCUIT

2



1 :: SPRINT 10 YARDS - JOG BACK

2x



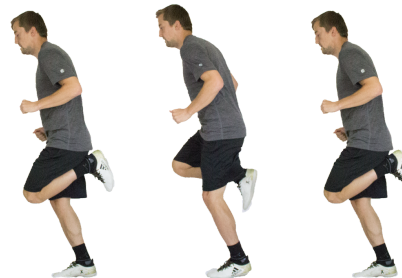
2 :: SPRINT 40 YARDS - JOG BACK

4x



3 :: SPRINT 20 YARDS - JOG BACK

2x



4 :: SPRINT 40 YARDS - JOG BACK

3x

CIRCUIT  
1



1 :: LONG JUMP

15x



2 :: SINGLE LEG HOP

15x/Leg



3 :: SQUAT JUMP

15x



4 :: LUNGE

15x/Leg

CIRCUIT  
2



1 :: 3 CONE PASSING LEVEL 2

1 min On/30 Off



2 :: 3 CONE PASSING LEVEL 3

1 min On/30 Off



3 :: 3 CONE PASSING LEVEL 5

1 min On/30 Off



4 :: 3 CONE PASSING LEVEL 7

1 min On/30 Off

CIRCUIT  
1



1 :: JUGGLING - RIGHT ONLY

30 Sec On/15s Off



2 :: JUGGLING - LEFT ONLY

30 Sec On/15s Off



3 :: JUGGLING - RIGHT 2, LEFT 1 COMBO

30 Sec On/15s Off



4 :: JUGGLING - LEFT 2, RIGHT 1 COMBO

30 Sec On/15s Off

CIRCUIT  
2



1 :: CRUNCH

20x



2 :: SIT UP

20x



3 :: V UP

15x



4 :: FLUTTER KICK

20x/Leg



CIRCUIT

1



1 :: DIAMOND PUSH UPS

10x



2 :: BICYCLE CRUNCH

20x



3 :: SQUAT PRESS

10x



4 :: LUNGES

10x/Leg

CIRCUIT

2



1 :: MOUNTAIN CLIMBER PUSH UPS

15x



2 :: TOE TOUCHERS

15x



3 :: SQUAT JUMP

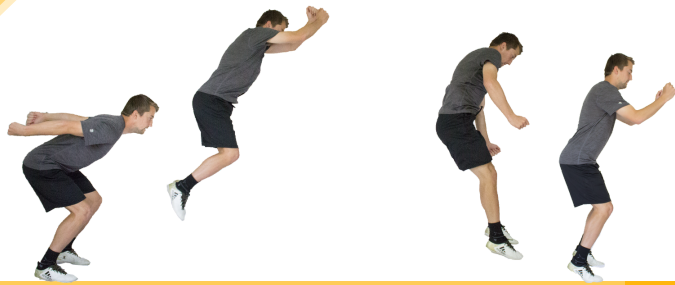
15x



4 :: V UPS

10x

CIRCUIT  
1



1 :: LONG JUMP

20x



2 :: SINGLE LEG HOP

20x/Leg



3 :: SQUAT JUMP

20x



4 :: LUNGE

20x/Leg

CIRCUIT  
2



1 :: 3 CONE PASSING LEVEL 2

1 min On/30 Off



2 :: 3 CONE PASSING LEVEL 3

1 min On/30 Off



3 :: 3 CONE PASSING LEVEL 5

1 min On/30 Off



4 :: 3 CONE PASSING LEVEL 7

1 min On/30 Off

CIRCUIT  
1



1 :: JUGGLING - RIGHT ONLY

30 Sec On/15s Off



2 :: JUGGLING - LEFT ONLY

30 Sec On/15s Off



3 :: JUGGLING - RIGHT 2, LEFT 1 COMBO

30 Sec On/15s Off



4 :: JUGGLING - LEFT 2, RIGHT 1 COMBO

30 Sec On/15s Off

CIRCUIT  
2



1 :: CRUNCH

20x



2 :: SIT UP

20x



3 :: V UP

15x



4 :: FLUTTER KICK

20x/Leg

CIRCUIT

1



1 :: PUSH UPS

15x



2 :: BUTT KICKERS

15x/Leg



3 :: WIDE PUSH UPS

15x



4 :: BURPE

15x

CIRCUIT

2



1 :: SPRINT 10 YARDS - JOG BACK

5x



2 :: SPRINT 40 YARDS - JOG BACK

2x



3 :: SPRINT 20 YARDS - JOG BACK

3x



4 :: SPRINT 40 YARDS - JOG BACK

4x



CIRCUIT  
1



1 :: POWER SKIP

15x/Leg



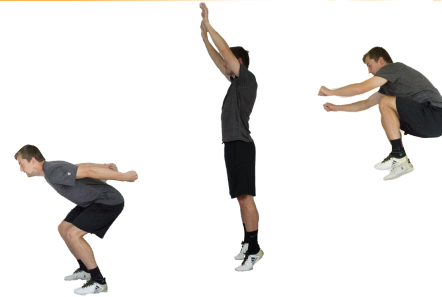
2 :: SQUAT

15x



3 :: HIP RAISES

15x/Leg



4 :: TUCK JUMP

15x

CIRCUIT  
2



1 :: 3 CONE PASSING LEVEL 2

1 min On/30 Off



2 :: 3 CONE PASSING LEVEL 3

1 min On/30 Off



3 :: 3 CONE PASSING LEVEL 5

1 min On/30 Off



4 :: 3 CONE PASSING LEVEL 7

1 min On/30 Off

CIRCUIT  
1



1 :: JUGGLING - BOTH FEET

30 Sec On/15s Off



2 :: JUGGLING - SIT RIGHT FOOT ONLY

30 Sec On/15s Off



3 :: JUGGLING - SIT LEFT FOOT ONLY

30 Sec On/15s Off



4 :: JUGGLING - SIT BOTH FEET

30 Sec On/15s Off

CIRCUIT  
2



1 :: LEG RAISES

20x



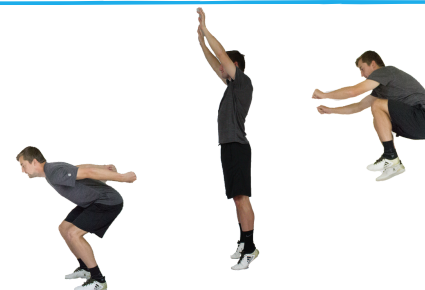
2 :: MOUNTAIN CLIMBERS

20x/Leg



3 :: STRAIGHT LEG SIT UPS

20x



4 :: TUCK JUMPS

20x

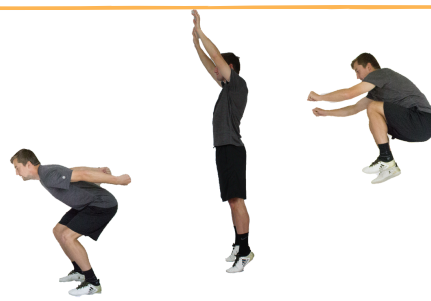
CIRCUIT

1



1 :: PUSH UP

20x



2 :: TUCK JUMPS

20x



3 :: TOE TOUCHERS

20x



4 :: X JUMP

20x

CIRCUIT

2



1 :: WIDE PUSH UPS

15x



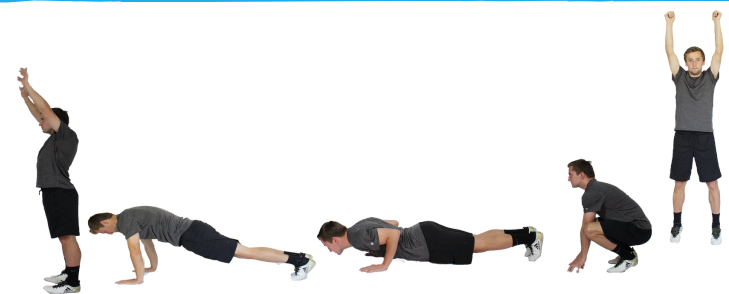
2 :: SINGLE LEG HOP

15x/LEG



3 :: PLANK

45 SEC



4 :: BURPEES

20x

WEEK 8 :: SESSION 1  
6 MINUTES ON, 1.5 MINUTES REST, 2 X EACH CIRCUIT



CIRCUIT  
1



1 :: POWER SKIP

20x/Leg



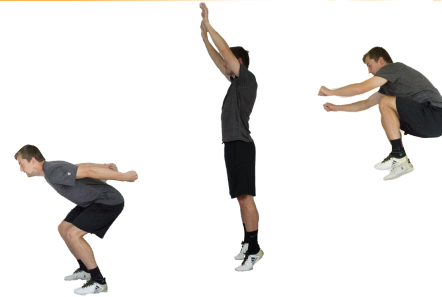
2 :: SQUAT

20x



3 :: HIP RAISES

20x/Leg



4 :: TUCK JUMP

20x

CIRCUIT  
2



1 :: 3 CONE PASSING LEVEL 2

1 min On/30 Off



2 :: 3 CONE PASSING LEVEL 3

1 min On/30 Off



3 :: 3 CONE PASSING LEVEL 5

1 min On/30 Off



4 :: 3 CONE PASSING LEVEL 7

1 min On/30 Off

CIRCUIT  
1



1 :: JUGGLING - BOTH FEET

30 Sec On/15s Off



2 :: JUGGLING - SIT RIGHT FOOT ONLY

30 Sec On/15s Off



3 :: JUGGLING - SIT LEFT FOOT ONLY

30 Sec On/15s Off



4 :: JUGGLING - SIT BOTH FEET

30 Sec On/15s Off

CIRCUIT  
2



1 :: LEG RAISES

20x



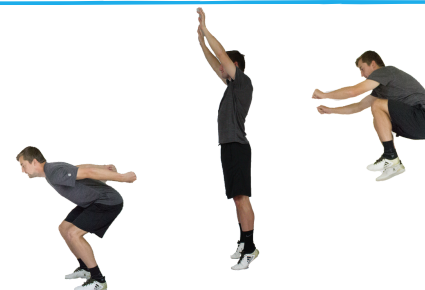
2 :: MOUNTAIN CLIMBERS

20x/Leg



3 :: STRAIGHT LEG SIT UPS

20x



4 :: TUCK JUMPS

20x



## Sprints

10 Yard Sprint - Sprint 10 yards at your assigned speed and jog back to line. Repeat at the assigned interval. Make sure to use proper form with your opposite arm and leg driving forward. Your form should have a slight lean with your chest and hips in front of your legs.

20 Yard Sprint - Sprint 20 yards at your assigned speed and jog back to line. Repeat at the assigned interval. Make sure to use proper form with your opposite arm and leg driving forward. Your form should have a slight lean with your chest and hips in front of your legs.

30 Yard Sprint - Sprint 30 yards at your assigned speed and jog back to line. Repeat at the assigned interval. Make sure to use proper form with your opposite arm and leg driving forward. Your form should have a slight lean with your chest and hips in front of your legs.

40 Yard Sprint - Sprint 40 yards at your assigned speed and jog back to line. Repeat at the assigned interval. Make sure to use proper form with your opposite arm and leg driving forward. Your form should have a slight lean with your chest and hips in front of your legs.



## Lay Down Pushups

Lay on your stomach with your hands above your head straight-out. Move your hands into your chest and then push yourself up off the ground while keeping your hips, butt and back straight. Go back down to laying on your stomach with your hands above your head.



## High Knees

Start in standing position. Feet shoulder-width apart. Raise your right knee off the ground to your chest and make sure you raise your left arm for proper running form. Come back down and alternate to the left side. Your knee should come off the ground to your chest with your right arm swinging for running form. Repeat.



## Knee Pushups

Start with both knees on the ground with your hands in front of you and on the ground. Straighten your back. Lower your chest toward the ground and push yourself back up.



## Wide Pushup

Start by laying on your stomach with your hands by your chest but making them wider than your shoulders. Push yourself up in the air with toes on the ground and hands even with your chest. Go down bending your elbows until your chin touches the ground with your head up and back straight. Push arms back up to full extension.



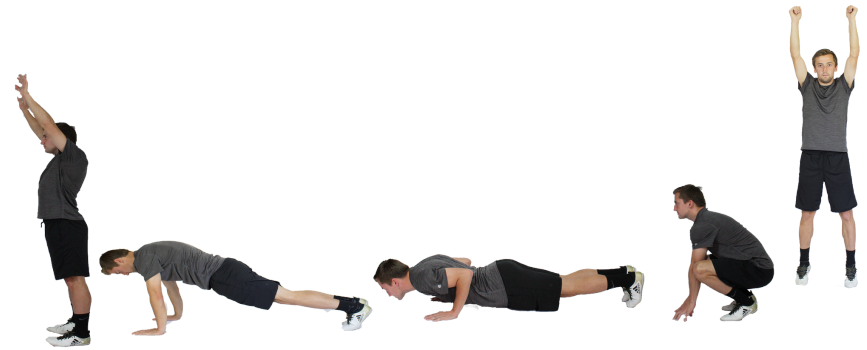
## Pushups

Start by laying on your stomach with your hands by your chest. Push yourself up in the air with toes on the ground and hands even with your chest. While lowering your torso, bend your elbows until your chin touches the ground with your head up and back straight. Push arms back up to full extension.



## Butt Kickers

Start in a standing position. Feet shoulder-width apart. Bring your right foot to kick yourself in the butt. Make sure you lean forward so you do not fall over and pump your left arm for running form. Go back to a standing position and repeat. Be sure to bring your left foot back while bringing right arm up. Repeat.



## Burpe

Start in a standing position feet shoulder-width apart with your hands above your head. Jump up as high as you can. When you land, go down to a pushup position. Do a pushup. Then bring feet into your chest as you work to a standing position. From this crouch (feet near hands) and jump again as high as you can (which is the beginning). Repeat.





## Lay Down Pushups

Lay on your stomach with your hands above your head straight-out. Move your hands into your chest and then push yourself up off the ground while keeping your hips, butt and back straight. Go back down to laying on your stomach with your hands above your head.



## Sit Up

Lay on your back with your knees raised in an upward position. Place both hands behind your head next to ears and pull head up off the floor toward knees. Make sure to squeeze and isolate your abs rather than pulling your head/neck with your hands. Have your elbows touch your knees and then back down to the ground and repeat.



## V Up

Lay on your stomach with your hands above your head straight-out. Move your hands into your chest and then push yourself up off the ground while keeping your hips, butt and back straight. Go back down to laying on your stomach with your hands above your head.



## Squat Jump

Lay on your back with your knees raised in an upward position. Place both hands behind your head next to ears and pull head up off the floor toward knees. Make sure to squeeze and isolate your abs rather than pulling your head/neck with your hands. Have your elbows touch your knees and then back down to the ground and repeat.





## Flutter Kick

Lay flat on back with your legs straight out. Raise your legs to 6 inches off the ground. Move right leg to 12 inches and then alternate right and left leg between 12 and 6 inches. Completing both right and left leg flutters count as 1 rep.



## Crunch

Lay on your back with your knees bent and feet on the ground. Place both hands behind your head next to your ears or cross over your chest. Use your core to lift your shoulders and knees toward one another, forming a crunch position. Focus on squeezing and isolating your abs, while exhaling on the way up, and inhaling on the way down. To avoid straining your neck, you should not pull your head with your hands.



## Knee Pushup

Start with both knees on the ground with your hands in front of you and on the ground. Straighten your back. Lower your chest toward the ground and push yourself back up.

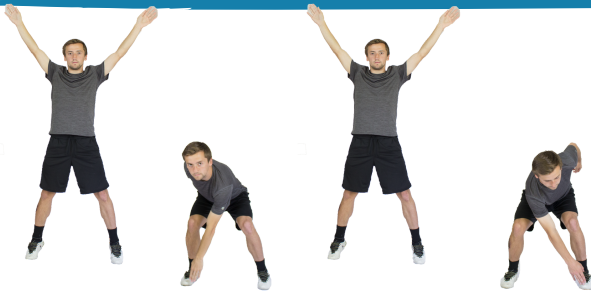


## Squat



Start in a standing position with your legs shoulder-width apart and toes pointed slightly inward. Bending at the knees go down to around 90 degrees while keeping your back straight and not letting your heels come up off the ground. Keep your chin up and eyes directed forward. Then go back up and repeat. This exercise requires focus on technique rather than speed.





## X Jump

Start in a standing position with your feet shoulder-width apart and arms above your head. Reach down using the right arm to the left leg. Touch, then extend upward and jump. When you come down, you will reach down using left arm to your right leg and jump up again. This is considered 1 rep.



## Toe Touchers

Lay flat on your back with your hands straight behind your head. Your arms and hands will rest on the ground in the starting position. Move your legs straight up to an L position. Isolate your abs and reach up to your toes. Focus on proper technique in each rep rather than speed. Once complete, return to the starting position and repeat.



## Plank

Lay flat on your stomach. Place your forearms on the ground and move off the ground to pushup position, while your forearms are still on the ground. Make sure your back is flat and butt is not raised. Hold plank position for time shown in your Epic Pro Guide.



## Mountain Climber Pushup

Start up in the air with your toes on the ground and hands even with your chest (Push up position). Pull your left knee toward your left elbow and then back out to original push up position. Now, Move your right knee toward your left elbow and then back to push up position. Go down bending your elbows until your chin touches the ground to do a push up, with your head up and back straight and finish going back up to push up position. This is 1 rep.



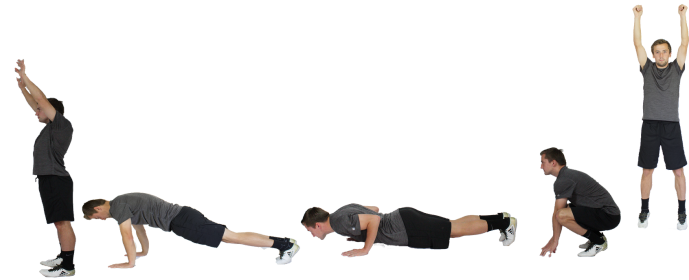
## Pushups

Start by laying on your stomach with your hands by your chest. Push yourself up in the air with toes on the ground and hands even with your chest. While lowering your torso, bend your elbows until your chin touches the ground with your head up and back straight. Push arms back up to full extension.



## Single Leg Hop

Start in a standing position with your feet shoulder-width apart. Bring one knee to a 90 degree angle off the ground. Bend down, with your foot on the ground and jump as high as you can. Make sure you use arms to propel yourself off the ground. Land softly and repeat.



## Burpee

Start in a standing position feet shoulder-width apart with your hands above your head. Jump up as high as you can. When you land, go down to a pushup position. Do a pushup. Then bring feet into your chest as you work to a standing position. From this crouch (feet near hands) and jump again as high as you can (which is the beginning). Repeat.



## Straight Leg Situp

Start in a standing position with your feet shoulder-width apart. Bring one knee to a 90 degree angle off the ground. Bend down, with your foot on the ground and jump as high as you can. Make sure you use arms to propel yourself off the ground. Land softly and repeat.



## Squat Press

Lay flat on your back with your feet together and hands straight behind your head. Your legs and hands will be on the ground in the starting position. Move your legs and hands off the ground at the same time toward each other. Isolate your abs by pulling them off the ground. You will create a “V” with your body. Return to the starting position and repeat.



## Wide Pushup

Start by laying on your stomach with your hands by your chest but making them wider than your shoulders. Push yourself up in the air with toes on the ground and hands even with your chest. Go down bending your elbows until your chin touches the ground with your head up and back straight. Push arms back up to full extension.



## Diamond Pushup

Start by laying on your stomach with your hands by your chest. Push yourself up in the air, with your toes on the ground. Then place your hands on the ground toward the center of your chest, while forming a diamond shape with your two thumbs and index fingers. Lower your torso and bend your elbows until your chin touches the ground. Your head up and back should remain in a straight position. Push your arms back up to full extension.



## BiCycle Crunch

Lay flat on your back with your hands behind head touch your ears. Bring your knees off the ground. Alternate pumping your elbow to your knee as if you were pedaling a bike. Your right Knee to left elbow and left knee to right elbow counts as 1 rep.



## Lunges

Start in a standing position. Feet should be positioned shoulder-width apart. Step forward with your right foot and bend knee to a 90 degree angle. Your left knee should almost touch the ground. Then stand back up and repeat with your left leg.



## Reverse Crunch

Lay flat on your back with your legs straight in the air. Your butt should remain on the ground. This is your starting position.

Bring your butt off the ground. Pull feet high until the small of your back is off the ground. Then back down to resting and repeat.



## Long Jump

Start in a standing position with both feet together. Jump forward as far as you can while keeping your feet together.

Make sure to propel yourself forward with both arms. You should land in a squatting position without landing on your heels.





## Forward - Backward

Place a cone on the ground. Start behind the cone with both feet together. Jump forward over the cone and back to the starting position with your feet together for the assigned time. Variation 1 foot in the air.



## Back, Forward, Right, Left

Place a cone on the ground. Start behind the cone and jump forward to the front. Next, jump to the right side of the cone and then over the cone to the left side. Finally, jump back behind to the beginning of the pattern. Repeat pattern for time assigned. Variation 1 foot in the air.



## Back, Right, Forward, Left

Place a cone on the ground. Start behind the cone with both feet together. Jump to the right of the cone, then to the front of the cone. Now jump to the left of the cone and back to the beginning. You are now positioned behind the cone. Repeat the pattern for assigned time. Variation 1 foot in the air.



## Right - Left

Place a cone on the ground. Start on the left side of the cone with both feet together. Continue jumping back and forth from the left side of the cone to right side of the cone with your feet together for assigned time in your Epic Pro Guide. Variation 1 foot in the air.





## Cone Passing - Level 2

Start by placing 3 cones in a horizontal line one foot apart. Position yourself behind the cones and start on the right side of the far right cone. You will need a partner for this activity. Your partner is on the other side of the cones with the soccer ball approximately two feet behind the cones. They are on their knees with the ball in hand. Your partner will roll the ball to your right foot and you will return it using the inside of your right foot. Then move to left side of the left cone, and your partner will roll the ball to left foot and you return it using the inside of your left foot. Go back to the outside right cone where began and your partner will roll the ball to you and return it with the inside of your right foot. Continue going back and forth and repeat right and left for time assigned. Make sure you use right foot on right side and left foot on left side. Lock your ankle and pass right back to your partner's hands. Your partner should roll faster as your footwork improves.



## Cone Passing - Level 3

Start by placing 3 cones in a horizontal line one foot apart. Position yourself behind the cones and start on the right side of the far right cone. You will need a partner for this activity. Your partner is on the other side of the cones with the soccer ball approximately two feet behind the cones. They are on their knees with the ball in hand. Your partner will roll the ball to your right foot you will return it using the inside of your right foot. Then you move to inside of the right cone and middle cone. Your partner will roll the ball to your right foot and return with the inside of your right foot. Then you go back to the outside right cone where your partner rolls balls to you and you hit it back. 1, 2, 3. Now move to outside of left cone to start as 1. You will follow same pattern using left foot. Repeat right and left for time assigned. (Make sure you use right foot for 3 passes on right side and left foot for 3 passes on left side). Lock your ankle and pass right back to partners hands. Partner should roll faster as your footwork improves.



## Cone Passing - Level 5

Start by placing 3 cones in a horizontal line one foot apart. Position yourself behind the cones and start on the right side of the far right cone. You will need a partner for this activity. Your partner is on the other side of the cones with the soccer ball approximately two feet behind the cones. They are on their knees with the ball in hand. Your partner will roll the ball to your right foot you will return it using the inside of your right foot. Then you move to inside of the right cone and middle cone, partner rolls ball to right foot and you hit it back. Then you go back to outside right cone where partner rolls balls to you and you hit it back. Now move to inside of left cone and middle using your right foot (we call this the cross over) and hit it back after you cross over you will cross back to the right in between right cone and middle cone and hit it back. 1, 2, 3, 4, 5 Now move to outside of left cone to start as 1. You will follow same pattern using left foot. Repeat right and left for the assigned time. Make sure you use right foot for 3 passes on right side and left foot for 3 passes on left side. Lock your ankle and pass right back to partner's hands. Your partner should roll faster as your footwork improves.



## Cone Passing - Level 7

Start by placing 3 cones in a horizontal line one foot apart. Position yourself behind the cones and start on the right side of the far right cone. You will need a partner for this activity. Your partner is on the other side of the cones with the soccer ball approximately two feet behind the cones. They are on their knees with the ball in hand. Your partner will roll the ball to your right foot you will return it using the inside of your right foot.. Then you move to inside of the right cone and middle cone, partner rolls ball to right foot and you hit it back. Then you go back to outside right cone where partner rolls balls to you and you hit it back. Now move to inside of left cone and middle using your right foot (we call this the cross over) and hit it back after you cross over you will cross back to the right in between right cone and middle cone and hit it back. Move to the outside of the left cone (still using the right foot) hit it back and finally end at the start on the outside of the right cone and hit it back. 1, 2, 3, 4, 5, 6, 7 Now move to outside of left cone to start as 1. You will follow same pattern using left foot. Repeat right and left for time assigned. Make sure you use right foot for 3 passes on right side and left foot for 3 passes on left side. Lock your ankle and pass right back to partner's hands. Your partner should roll faster as your footwork improves.



## Long Jump

Start in a standing position with both feet together. Jump forward as far as you can while keeping your feet together. Make sure to propel yourself forward with both arms. You should land in a squatting position without landing on your heels.



## Squat Jump

Start in a standing position with legs shoulder-width apart and toes pointed slightly inward. Bending at the knees, go down to around 90 degrees while keeping your back straight and not letting your heels come up off the ground. Then propel yourself using your arms off the ground as high as you can. When you land you will come back down in the squat position. You should land on the platforms of your feet rather than your heels.



## Single Leg Hop

Start in a standing position with your feet shoulder-width apart. Bring one knee to a 90 degree angle off the ground. Bend down, with your foot on the ground and jump as high as you can. Make sure you use arms to propel yourself off the ground. Land softly and repeat.



## Lunges

Start in a standing position. Feet should be positioned shoulder-width apart. Step forward with your right foot and bend knee to a 90 degree angle. Your left knee should almost touch the ground. Then stand back up and repeat with your left leg.



## Hip Raises

Start on your back, with your legs positioned straight out. Move your right knee into a 90 degree formation. Then straighten your left leg next your right knee (your right foot should still be on the ground). Place your hands on your hips. Raise your hips off the ground as high as you can while keeping your leg straight. Then move your hips back down to the ground. Repeat.



## Squat

Start in a standing position with your legs shoulder-width apart and toes pointed slightly inward. Bending at the knees go down to around 90 degrees while keeping your back straight and not letting your heels come up off the ground. Keep your chin up and eyes directed forward. Then go back up and repeat. This exercise requires focus on technique rather than speed.



## Power Skip

Start in standing position. Raise your right knee off the ground to your chest as you jump up off the ground with your left foot. Make sure you raise the left arm for proper running form at the same time as you pull your right knee toward your chest. Come back down and alternate to your left knee coming off the ground to your chest and jump off the ground with your right foot. Make sure you raise the right arm for proper running form at the same time as you pull your left knee toward your chest.



## Tuck Jumps

Start in a standing position with both feet together shoulder width apart. Jump as high as you can while bringing both knees toward your chest. Make sure to thrust upward using both arms. Repeat.





## Juggle Right Bounce

Using the top of the right foot only. Let the ball bounce then hit it back up in the air. Once it bounces, hit it again in the air.

Looking for tiny touch and learning how to judge a ball. You should flick off the toe. Make sure to keep proper balance (chest and shoulders over the ball when taking your touch). Continue to touch with right foot only for time assigned.



## Juggle Left Bounce

Using the top of the left foot only. Let the ball bounce then hit it back up in the air. Once it bounces, hit it again in the air.

Looking for tiny touch and learning how to judge a ball. You should flick off the toe. Make sure to keep proper balance (chest and shoulders over the ball when taking your touch). Continue to touch with left foot only for time assigned.



## Juggle Both Bounce

Using the top of the right foot only. Let the ball bounce then hit it back up in the air. Once it bounces, hit it again in the air using the left foot. Looking for tiny touch and learning how to judge a ball. You should flick off the toe. Make sure to keep proper balance (chest and shoulders over the ball when taking your touch). Continue to alternate touches between right and left between bounces for time assigned.



## Juggling Right

Using the top of the right foot only continually hit the ball back in the air. Looking for tiny touch and learning how to judge a ball. You should flick off the toe. Make sure to keep proper balance (chest and shoulders over the ball when taking your touch). Continue to touch with right foot only for time assigned.



## Juggling Left

Using the top of the left foot only continually hit the ball back in the air. Looking for tiny touch and learning how to judge a ball. You should flick off the toe. Make sure to keep proper balance (chest and shoulders over the ball when taking your touch). Continue to touch with left foot only for time assigned.



## 2 Right, 1 Left

Using the top of the right foot only continually hit the ball back in the air two times. Then switch and use the left one time. Then back to right for two and left for one. Looking for tiny touch and learning how to judge a ball. Concentration on assigned thinking task is key. You should flick off the toe. Make sure to keep proper balance (chest and shoulders over the ball when taking your touch). Continue to juggle with pattern for time assigned.



## Juggling Both

Using the top of the right and left foot only continually hit the ball back in the air while alternating feet. Looking for tiny touch and learning how to judge a ball. You should flick off the toe. Make sure to keep proper balance (chest and shoulders over the ball when taking your touch). Continue to touch with the top of each foot while alternating feet for time assigned.



## 2 Left, 1 Right

Using the top of the left foot only continually hit the ball back in the air two times. Then switch and use the right one time. Then back to left for two and right for one. Looking for tiny touch and learning how to judge a ball. Concentration on assigned thinking task is key. You should flick off the toe. Make sure to keep proper balance (chest and shoulders over the ball when taking your touch). Continue to juggle with pattern for time assigned.



## Seated Both

Start by sitting on the ground. Using the top of the right and left foot only continually hit the ball back in the air while alternating feet. Looking for tiny touch and learning how to judge a ball. You should flick off the toe. Make sure to keep proper balance (chest and shoulders over the ball when taking your touch). Continue to touch with the top of each foot while alternating feet for time assigned.



## Seated Right

Start by sitting on the ground. Using the top of the right foot only continually hit the ball back in the air. Looking for tiny touch and learning how to judge a ball and working on perfect touch. You should flick off the toe. Continue to touch with right foot only for time assigned.



## Seated Left

Start by sitting on the ground. Using the top of the left foot only continually hit the ball back in the air. Looking for tiny touch and learning how to judge a ball and working on perfect touch. You should flick off the toe. Continue to touch with left foot only for time assigned.





## Tuck Jumps

Start in a standing position with both feet together shoulder width apart. Jump as high as you can while bringing both knees toward your chest. Make sure to thrust upward using both arms. Repeat.



## Single Leg Hop

Start in a standing position with your feet shoulder-width apart. Bring one knee to a 90 degree angle off the ground. Bend down, with your foot on the ground and jump as high as you can. Make sure you use arms to propel yourself off the ground. Land softly and repeat.



## Mountain Climbers

Begin the exercise in a pushup position - hands and arms should be positioned slightly below your shoulders, fingers pointed forward. Both feet should be next to each other. From the pushup position, bring your right knee to your chest. Swiftly return to the push up position. Then repeat by bringing your left knee to your chest and return to the pushup position. This is one rep.



## Straight Leg Situp

Start in a standing position with your feet shoulder-width apart. Bring one knee to a 90 degree angle off the ground. Bend down, with your foot on the ground and jump as high as you can. Make sure you use arms to propel yourself off the ground. Land softly and repeat.



## Flutter Kick

Lay flat on back with your legs straight out. Raise your legs to 6 inches off the ground. Move right leg to 12 inches and then alternate right and left leg between 12 and 6 inches. Completing both right and left leg flutters count as 1 rep.



## V Up

Lay on your stomach with your hands above your head straight-out. Move your hands into your chest and then push yourself up off the ground while keeping your hips, butt and back straight. Go back down to laying on your stomach with your hands above your head.



## Sit Up

Lay on your back with your knees raised in an upward position. Place both hands behind your head next to ears and pull head up off the floor toward knees. Make sure to squeeze and isolate your abs rather than pulling your head/neck with your hands. Have your elbows touch your knees and then back down to the ground and repeat.



## Crunch

Lay on your back with your knees bent and feet on the ground. Place both hands behind your head next to your ears or cross over your chest. Use your core to lift your shoulders and knees toward one another, forming a crunch position. Focus on squeezing and isolating your abs, while exhaling on the way up, and inhaling on the way down. To avoid straining your neck, you should not pull your head with your hands.