



Livermore Fusion SC Technical Skills Workout #1



Technical Skills Workout Set-Up: 12 yards x 10 yards

Level 1 – Running with the Ball		
Exercise Description	Reps	Sets
Laces Dribbling	4	2
2 Touch In-Out Same Foot	4	2
1 Touch In-Out Same Foot	4	2
2 Rolls Across Body – 1 Outside Touch	4	2
2 Outside Touches – 1 Roll Across Body	4	2
2 Outside Touches – 2 Rolls Across Body	4	2
1 Touch Outside Each Foot	4	2
Inside Foot Touch to Inside Foot Forward	4	2
Roll Across – Inside Opposite Foot - Switch	4	2
Pullback V – Opposite Foot Outside Push	4	2
Fake Shot –Pull Ball Across Body	4	2
Two Touch to Opposite Foot Lunge Fake	4	2
Outside Double Touch to Inside Foot Chop to Opposite Foot	4	2
Outside Touch to Scissor Cut Switch Feet	4	2
Stepover to Outside Touch Same Foot	4	2
Roll Stepover to Opposite Foot Sole Pullback	4	2
Reach Across Pullback V with Outside Touch Same Foot	4	2
Reach Across Pullback V with Inside Touch Same Foot	4	2