

Hudson - Epic Pro Individual Training at Home

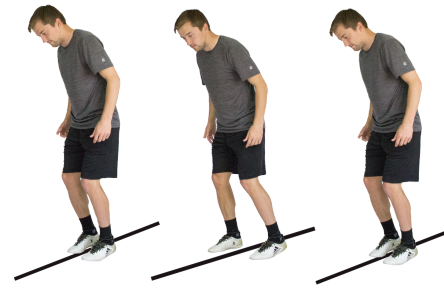


CIRCUIT
1



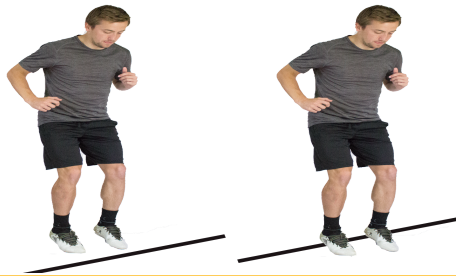
1 :: LINE JUMP - 2 FEET ACROSS

10 yds



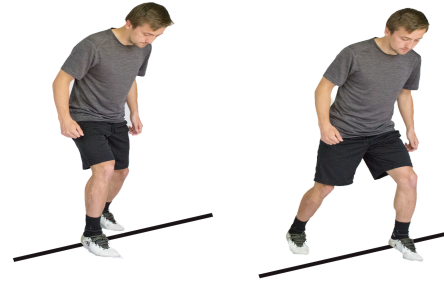
2 :: LINE JUMP - 2 FEET ON LINE 2 OFF

10 yds



3 :: LINE JUMP - 2 FORWARD, 2 BACKWARD

10 yds



4 :: 2 FOOT JUMP ALTERNATE

10 yds

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 :: CONE JUMP - 2 FEET RIGHT TO LEFT 45 Sec On/30 Off



2 :: CONE JUMP - 2 FEET FORWARD TO BACK 45 Sec On/30 Off



3 :: CONE JUMP - B, R, F, L (COMBO) 45 Sec On/30 Off



4 :: CONE JUMP - B, F, R, L (COMBO) 45 Sec On/30 Off

CIRCUIT
2



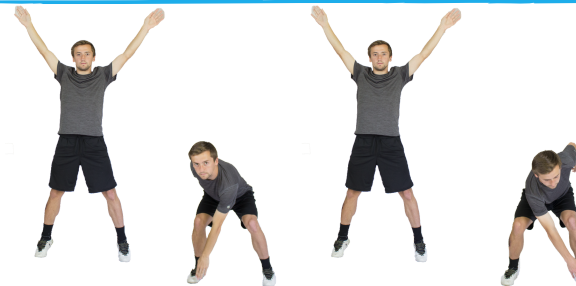
1 :: CRUNCH 10x



2 :: POWER SKIP 10x/Leg



3 :: BUTT KICKERS 10x/Leg



4 :: X JUMP 10x

CIRCUIT

1



1 :: CONE JUMP - 2 FEET RIGHT TO LEFT 45 Sec On/30 Off



2 :: CONE JUMP - 2 FEET FORWARD TO BACK 45 Sec On/30 Off



3 :: CONE JUMP - B, R, F, L (COMBO) 45 Sec On/30 Off



4 :: CONE JUMP - B, F, R, L (COMBO) 45 Sec On/30 Off

CIRCUIT

2



1 :: CONE DRIBBLE - RIGHT ONLY 45 Sec On/30 Off



2 :: CONE DRIBBLE - LEFT ONLY 45 Sec On/30 Off



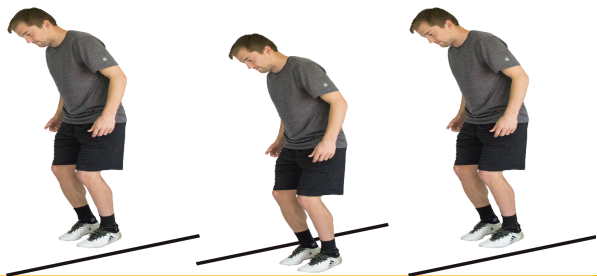
3 :: CONE DRIBBLE - INSIDE BOTH 45 Sec On/30 Off



4 :: CONE DRIBBLE - OUTSIDE ONLY 45 Sec On/30 Off

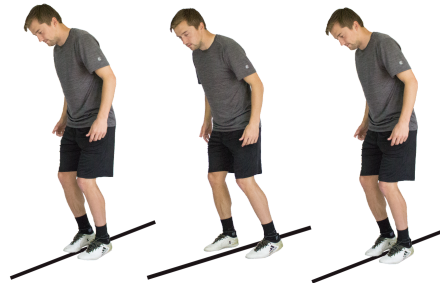
CIRCUIT

1



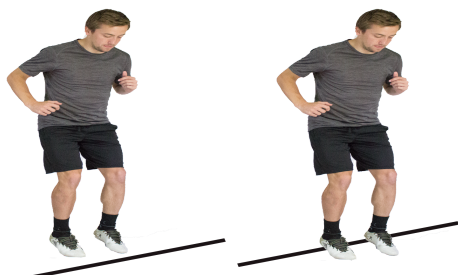
1 :: LINE JUMP - 2 FEET ACROSS

10 yds



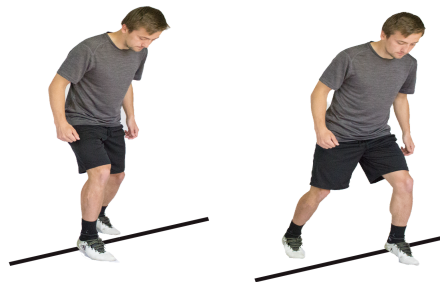
2 :: LINE JUMP - 2 FEET ON LINE 2 OFF

10 yds



3 :: LINE JUMP - 2 FORWARD, 2 BACKWARD

10 yds



4 :: 2 FOOT JUMP ALTERNATE

10 yds

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

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

WEEK 2 :: SESSION 1

CIRCUIT
1



1 :: CONE JUMP - 2 FEET RIGHT TO LEFT 45 Sec On/30 Off



2 :: CONE JUMP - 2 FEET FORWARD TO BACK 45 Sec On/30 Off



3 :: CONE JUMP - B, R, F, L (COMBO) 45 Sec On/30 Off



4 :: CONE JUMP - B, F, R, L (COMBO) 45 Sec On/30 Off

CIRCUIT
2



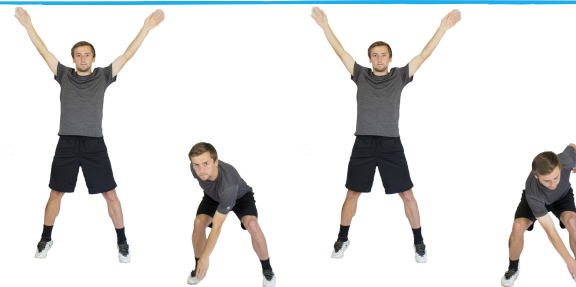
1 :: CRUNCH 10x



2 :: POWER SKIP 10x/Leg



3 :: BUTT KICKERS 10x/Leg



4 :: X JUMP 10x

CIRCUIT

1



1 :: CONE JUMP - 2 FEET RIGHT TO LEFT 45 Sec On/30 Off



2 :: CONE JUMP - 2 FEET FORWARD TO BACK 45 Sec On/30 Off



3 :: CONE JUMP - B, R, F, L (COMBO) 45 Sec On/30 Off



4 :: CONE JUMP - B, F, R, L (COMBO) 45 Sec On/30 Off

CIRCUIT

2



1 :: CONE DRIBBLE - RIGHT ONLY 45 Sec On/30 Off



2 :: CONE DRIBBLE - LEFT ONLY 45 Sec On/30 Off



3 :: CONE DRIBBLE - INSIDE BOTH 45 Sec On/30 Off

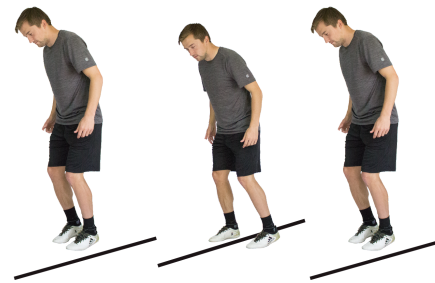


4 :: CONE DRIBBLE - OUTSIDE ONLY 45 Sec On/30 Off

CIRCUIT 1



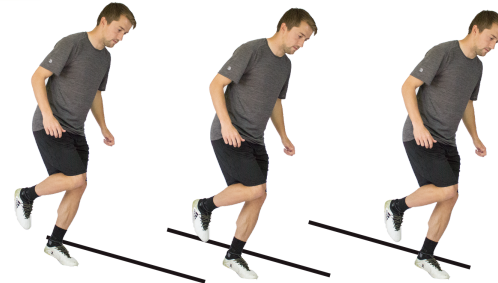
1 :: LINE JUMP - 2 LEFT 1 RIGHT TAPS 10 yds



2 :: LINE JUMP - 2 RIGHT 1 LEFT TAPS 10 yds



3 :: LINE JUMP - 3 RIGHT, 3 LEFT TAPS 10 yds



4 :: LINE JUMP - 3 LEFT, 3 RIGHT BACKWARD TAPS 10 yds

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 :: CONE JUMP - RIGHT ONLY RIGHT TO LEFT 45 Sec On/30 Off



2 :: CONE JUMP - RIGHT ONLY FORWARD TO BACK 45 Sec On/30 Off



3 :: CONE JUMP - LEFT ONLY RIGHT TO LEFT 45 Sec On/30 Off



4 :: CONE JUMP - LEFT ONLY FORWARD TO BACK 45 Sec On/30 Off

CIRCUIT
2



1 :: CONE DRIBBLE - RIGHT ONLY 45 Sec On/30 Off



2 :: CONE DRIBBLE - LEFT ONLY 45 Sec On/30 Off



3 :: CONE DRIBBLE - INSIDE BOTH 45 Sec On/30 Off



4 :: CONE DRIBBLE - OUTSIDE ONLY 45 Sec On/30 Off

CIRCUIT
1



1 :: CONE JUMP - RIGHT ONLY RIGHT TO LEFT 45 Sec On/30 Off



2 :: CONE JUMP - RIGHT ONLY BACK TO FRONT 45 Sec On/30 Off



3 :: CONE JUMP - LEFT ONLY RIGHT TO LEFT 45 Sec On/30 Off



4 :: CONE JUMP - LEFT ONLY BACK TO FRONT 45 Sec On/30 Off

CIRCUIT
2



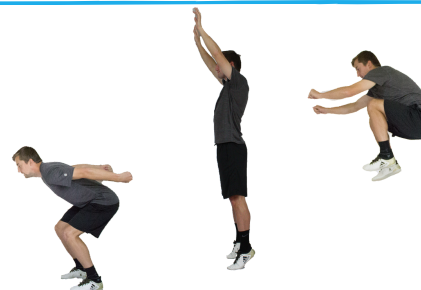
1 :: LEG RAISES 10x



2 :: LUNGES 10x/Leg



3 :: 10x



4 :: TUCK JUMPS 10x

CIRCUIT 1



1 :: LINE JUMP - 2 LEFT 1 RIGHT TAPS

10 yds



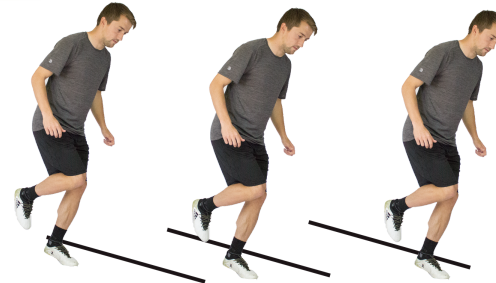
2 :: LINE JUMP - 2 RIGHT 1 LEFT TAPS

10 yds



3 :: LINE JUMP - 3 RIGHT, 3 LEFT TAPS

10 yds



4 :: LINE JUMP - 3 LEFT, 3 RIGHT BACKWARD TAPS

10 yds

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 :: CONE JUMP - RIGHT ONLY RIGHT TO LEFT 45 Sec On/30 Off



2 :: CONE JUMP - RIGHT ONLY BACK TO FRONT 45 Sec On/30 Off



3 :: CONE JUMP - LEFT ONLY RIGHT TO LEFT 45 Sec On/30 Off



4 :: CONE JUMP - LEFT ONLY BACK TO FRONT 45 Sec On/30 Off

CIRCUIT
2



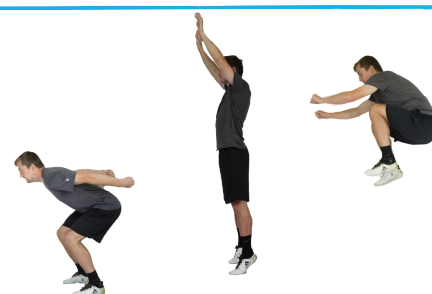
1 :: LEG RAISES 10x



2 :: LUNGES 10x/Leg



3 :: STRAIGHT LEG SIT UPS 10x



4 :: TUCK JUMPS 10x

CIRCUIT
1



1 :: CONE JUMP - RIGHT ONLY RIGHT TO LEFT 45 Sec On/30 Off



2 :: CONE JUMP - RIGHT ONLY FORWARD TO BACK 45 Sec On/30 Off



3 :: CONE JUMP - LEFT ONLY RIGHT TO LEFT 45 Sec On/30 Off



4 :: CONE JUMP - LEFT ONLY FORWARD TO BACK 45 Sec On/30 Off

CIRCUIT
2



1 :: CONE DRIBBLE - RIGHT ONLY 45 Sec On/30 Off



2 :: CONE DRIBBLE - LEFT ONLY 45 Sec On/30 Off

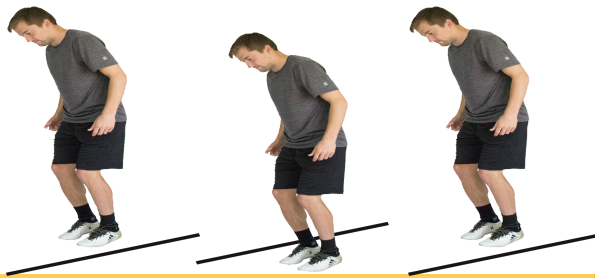


3 :: CONE DRIBBLE - INSIDE BOTH 45 Sec On/30 Off



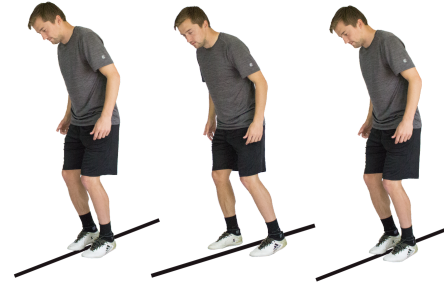
4 :: CONE DRIBBLE - OUTSIDE ONLY 45 Sec On/30 Off

CIRCUIT
1



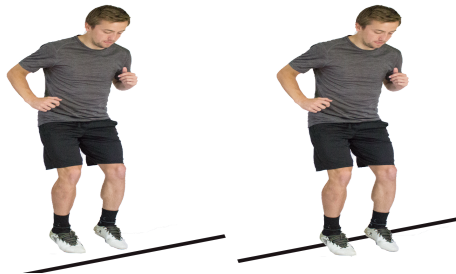
1 :: LINE JUMP - 2 FEET ACROSS

10 yds



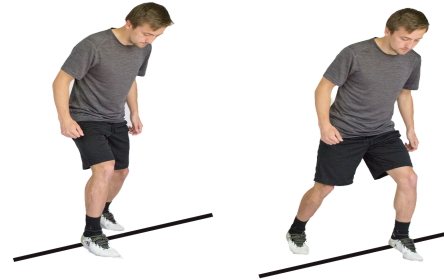
2 :: LINE JUMP - 2 FEET ON LINE 2 OFF

10 yds



3 :: LINE JUMP - 2 FORWARD, 2 BACKWARD

10 yds



4 :: 2 FOOT JUMP ALTERNATE

10 yds

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 :: CONE JUMP - 2 FEET RIGHT TO LEFT 1 min On/30 Off



2 :: CONE JUMP - 2 FEET FORWARD TO BACK 1 min On/30 Off



3 :: CONE JUMP - B, R, F, L (COMBO) 1 min On/30 Off



4 :: CONE JUMP - B, F, R, L (COMBO) 1 min On/30 Off

CIRCUIT
2



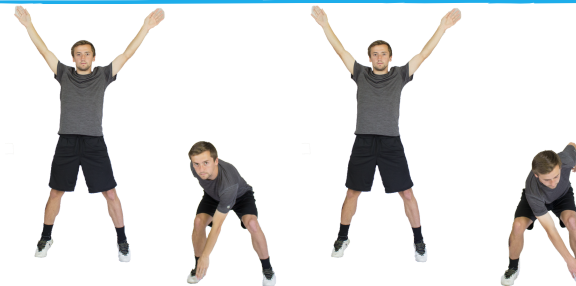
1 :: CRUNCH 15x



2 :: POWER SKIP 15x/Leg



3 :: BUTT KICKERS 15x/Leg



4 :: X JUMP 15x

CIRCUIT

1



1 :: CONE JUMP - 2 FEET RIGHT TO LEFT 1 min On/30 Off



2 :: CONE JUMP - 2 FEET FORWARD TO BACK 1 min On/30 Off



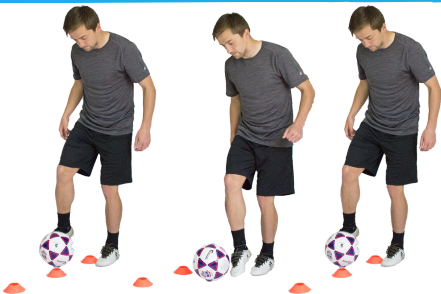
3 :: CONE JUMP - B, R, F, L (COMBO) 1 min On/30 Off



4 :: CONE JUMP - B, F, R, L (COMBO) 1 min On/30 Off

CIRCUIT

2



1 :: CONE DRIBBLE - RIGHT ONLY 1 min On/30 Off



2 :: CONE DRIBBLE - LEFT ONLY 1 min On/30 Off



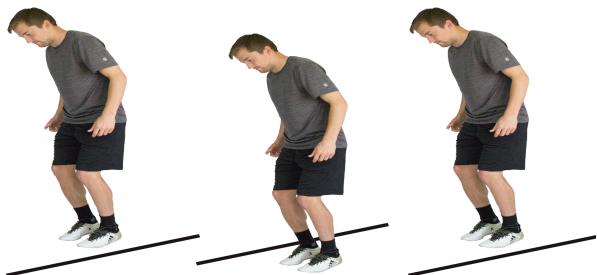
3 :: CONE DRIBBLE - INSIDE BOTH 1 min On/30 Off



4 :: CONE DRIBBLE - OUTSIDE ONLY 1 min On/30 Off

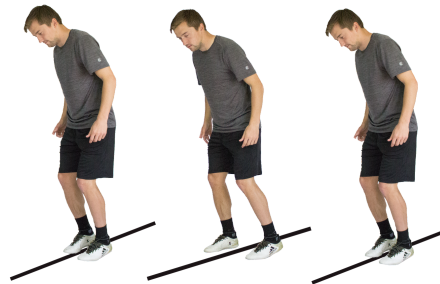
CIRCUIT

1



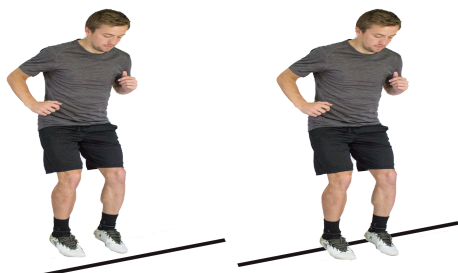
1 :: LINE JUMP - 2 FEET ACROSS

10 yds



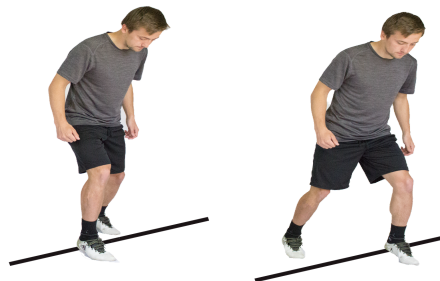
2 :: LINE JUMP - 2 FEET ON LINE 2 OFF

10 yds



3 :: LINE JUMP - 2 FORWARD, 2 BACKWARD

10 yds



4 :: 2 FOOT JUMP ALTERNATE

10 yds

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 :: CONE JUMP - 2 FEET RIGHT TO LEFT 1 min On/30 Off



2 :: CONE JUMP - 2 FEET FORWARD TO BACK 1 min On/30 Off



3 :: CONE JUMP - B, R, F, L (COMBO) 1 min On/30 Off



4 :: CONE JUMP - B, F, R, L (COMBO) 1 min On/30 Off

CIRCUIT
2



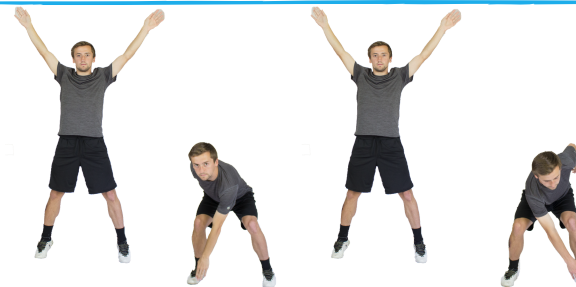
1 :: CRUNCH 15x



2 :: POWER SKIP 15x/Leg



3 :: BUTT KICKERS 15x/Leg



4 :: X JUMP 15x

CIRCUIT

1



1 :: CONE JUMP - 2 FEET RIGHT TO LEFT 1 min On/30 Off



2 :: CONE JUMP - 2 FEET FORWARD TO BACK 1 min On/30 Off



3 :: CONE JUMP - B, R, F, L (COMBO) 1 min On/30 Off



4 :: CONE JUMP - B, F, R, L (COMBO) 1 min On/30 Off

CIRCUIT

2



1 :: CONE DRIBBLE - RIGHT ONLY 1 min On/30 Off



2 :: CONE DRIBBLE - LEFT ONLY 1 min On/30 Off



3 :: CONE DRIBBLE - INSIDE BOTH 1 min On/30 Off



4 :: CONE DRIBBLE - OUTSIDE ONLY 1 min On/30 Off

CIRCUIT
1



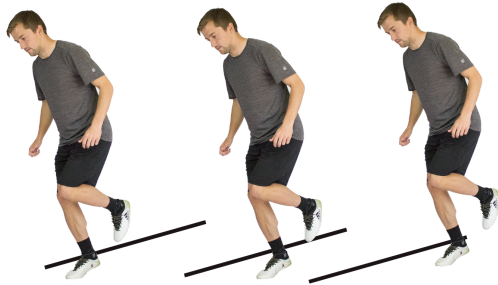
1 :: LINE JUMP - 2 LEFT 1 RIGHT TAPS

10 yds



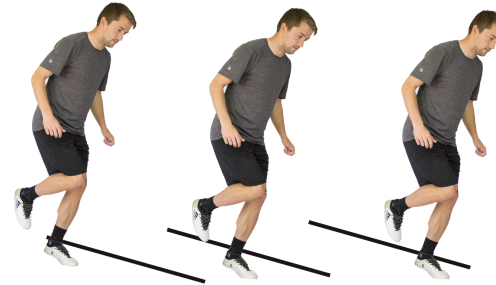
2 :: LINE JUMP - 2 RIGHT 1 LEFT TAPS

10 yds



3 :: LINE JUMP - 3 RIGHT, 3 LEFT TAPS

10 yds



4 :: LINE JUMP - 3 LEFT, 3 RIGHT BACKWARD TAPS

10 yds

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 :: CONE JUMP - RIGHT ONLY RIGHT TO LEFT 1 Min On/30 Off



2 :: CONE JUMP - RIGHT ONLY BACK TO FRONT 1 Min On/30 Off



3 :: CONE JUMP - LEFT ONLY RIGHT TO LEFT 1 min On/30 Off



4 :: CONE JUMP - LEFT ONLY BACK TO FRONT 1 min On/30 Off

CIRCUIT
2



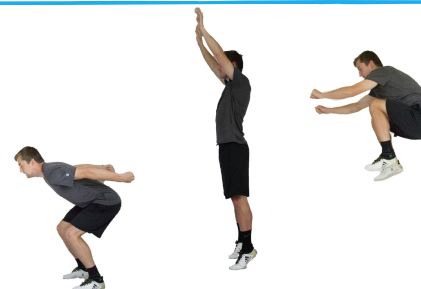
1 :: LEG RAISES 15x



2 :: LUNGES 15x/Leg



3 :: STRAIGHT LEG SIT UPS 15x



4 :: TUCK JUMPS 15x

CIRCUIT
1



1 :: CONE JUMP - RIGHT ONLY RIGHT TO LEFT 1 Min On/30 Off



2 :: CONE JUMP - RIGHT ONLY FORWARD TO BACK 1 Min On/30 Off



3 :: CONE JUMP - LEFT ONLY RIGHT TO LEFT 1 min On/30 Off



4 :: CONE JUMP - LEFT ONLY FORWARD TO BACK 1 min On/30 Off

CIRCUIT
2



1 :: CONE DRIBBLE - RIGHT ONLY 1 min On/30 Off



2 :: CONE DRIBBLE - LEFT ONLY 1 min On/30 Off



3 :: CONE DRIBBLE - INSIDE BOTH 1 min On/30 Off



4 :: CONE DRIBBLE - OUTSIDE ONLY 1 min On/30 Off

CIRCUIT 1



1 :: LINE JUMP - 2 LEFT 1 RIGHT TAPS

10 yds



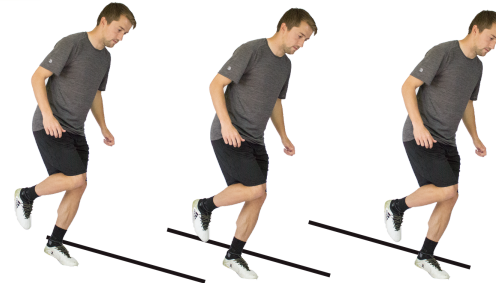
2 :: LINE JUMP - 2 RIGHT 1 LEFT TAPS

10 yds



3 :: LINE JUMP - 3 RIGHT, 3 LEFT TAPS

10 yds



4 :: LINE JUMP - 3 LEFT, 3 RIGHT BACKWARD TAPS

10 yds

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 :: CONE JUMP - RIGHT ONLY RIGHT TO LEFT 1 Min On/30 Off



2 :: CONE JUMP - RIGHT ONLY BACK TO FRONT 1 Min On/30 Off



3 :: CONE JUMP - LEFT ONLY RIGHT TO LEFT 1 min On/30 Off



4 :: CONE JUMP - LEFT ONLY BACK TO FRONT 1 min On/30 Off

CIRCUIT
2



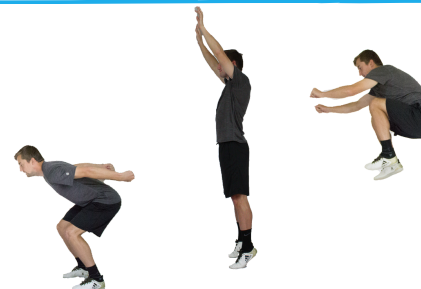
1 :: LEG RAISES 15x



2 :: LUNGES 15x/Leg



3 :: STRAIGHT LEG SIT UPS 15x



4 :: TUCK JUMPS 15x

CIRCUIT
1



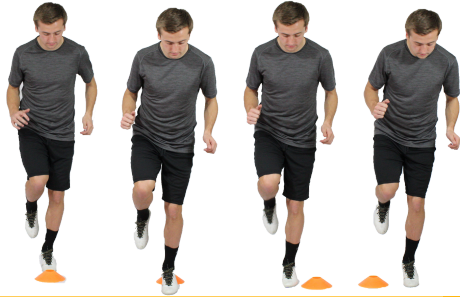
1 :: CONE JUMP - RIGHT ONLY B, F, R, L

1 Min On/30 Off



2 :: CONE JUMP - RIGHT ONLY R, B, F, L

1 Min On/30 Off



3 :: CONE JUMP - LEFT ONLY B, F, R, L

1 min On/30 Off



4 :: CONE JUMP - LEFT ONLY L, B, F, R

1 min On/30 Off

CIRCUIT
2



1 :: CONE DRIBBLE - RIGHT ONLY

1 min On/30 Off



2 :: CONE DRIBBLE - LEFT ONLY

1 min On/30 Off



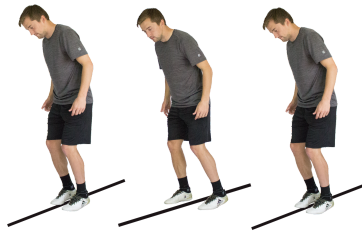
3 :: CONE DRIBBLE - INSIDE BOTH

1 min On/30 Off



4 :: CONE DRIBBLE - OUTSIDE ONLY

1 min On/30 Off



2 Feet on, 2 Feet off

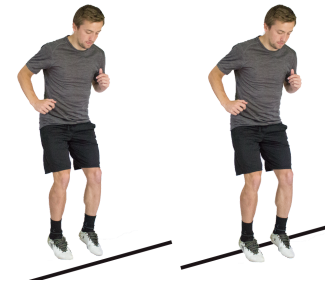
Place both feet on the line while facing forward. Jump off the line and then back on the line as fast as you can up the line.

Both feet should be together and you will alternate sides of the line that you jump on.



2 Feet Across

Place two feet next to each other. Your left foot is closest to the line and pointed forward. Jump forward and horizontal across the line (now your right foot is closest to the line). Think of this as the “skiing” position. Continue until end of the line as fast as you can while increasing the speed of your footwork.



2 Forward, 2 Back

Face the line with both feet together. Jump over the line with both feet together and then back across the line while facing forward. You should move slightly to the side so that you can go to the end of the line. Come back to beginning and start on opposite side of the line to build both left and right hip strength and quickness.



2 Feet Jump Alternate

Face the line with right foot over line and left foot behind. Jump up and switch feet on each side of the line. Follow this while moving up the line. You will be jumping and switching your feet as fast as you can. Come back to beginning and start on opposite side of the line to build both left and right hip strength and quickness.



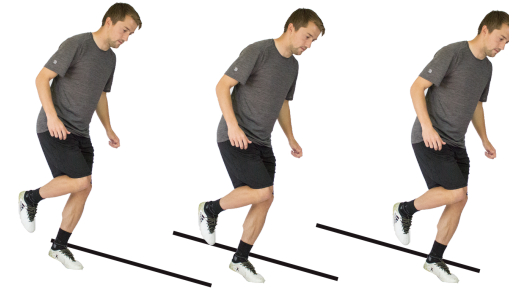
3 R, 3 L Toe Taps Forward

Place your right foot on left side of the line while facing forward. Hold your left knee in the air (foot off the ground). Hop 3 times using your right foot. Your foot is positioned next to the line. Then on the 3rd jump cross over the line and land on your left foot, and on the right side of the line. Continue with three taps on left foot with your right foot in the air. After 3 reps, cross back. Continue to the end of the line.



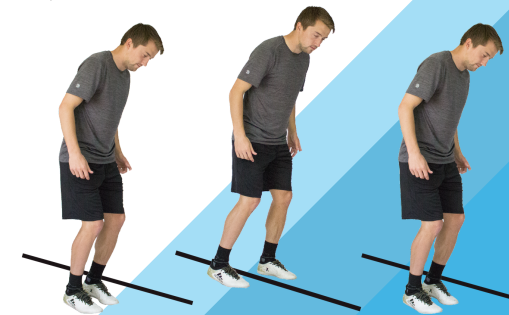
2 Right, 1 Left Taps

Place both feet on the right side of the line while facing forward. Move your left foot across the line and step up on right side of the line with your right foot. Bring your left foot back to the right side of the line and step both feet together. Then repeat all the way up the line.



3 L, 3 R Toe Taps Backward

Place your back to the line. Place your right foot closest to the line while facing backward. Hold your left knee in the air (foot off the ground). Hop 3 times using your right foot. Your right foot is positioned next to the line. Then on the 3rd jump cross over the line and land on your left foot on the other side of the line. Continue with three taps on left foot, and your right foot in the air. After 3, cross back. Continue to the end of the line.



2 Left, 1 Right Taps

Place both feet on the left side of the line while facing forward. Move your right foot across the line and step up on left side of the line with your left foot. Bring your right foot back to left side of the line and step both feet together. Then repeat all the way up the line.



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.



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.



Straight Leg Situp

Lay flat on your back with both legs together and on the ground. Your hands should be positioned behind your head. Bring your arms and upper body off the ground and reach for your toes, once you touch your toes, bring body back down to ground and repeat.



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.



Leg Raises

Lay flat on your back with both legs together, tucking your hands under your butt for support. Raise your legs and shoulders about 3-6 inches off the ground (this is your starting position). While keeping your legs straight, engage your core to raise your legs straight up to a 90 degree angle, exhaling on the way up. Then, lower your legs back down to your starting position and repeat. These movements should be slow and controlled. Don't forget to breathe!



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.



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.



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.



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.



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.



Cone Dribble Right Only

You will start by putting 3 cones out a foot apart. Using your right foot you will move the soccer ball in and out of the cones until you get to the end. Then turn and go back. Proper technique requires using the inside of the foot to push the ball through the cones and the outside of the foot to move it back through the cones. Make sure to keep proper balance (chest and shoulders over the ball when taking your touch). Continue with the pattern for time assigned.



Cone Dribble Left Only

You will start by putting 3 cones out a foot apart. Using your left foot you will move the soccer ball in and out of the cones until you get to the end. Then turn and go back. Proper technique requires using the inside of the foot to push the ball through the cones and the outside of the foot to move it back through the cones. Make sure to keep proper balance (chest and shoulders over the ball when taking your touch). Continue with the pattern for time assigned.



Both Feet Inside Only

You will start by putting 3 cones out a foot apart. Using the inside of your right foot you will move the soccer ball between cones to the inside of the left foot. Proper technique requires using the inside of the foot to push the ball through the cones moving it back and forth through the cones. Make sure to keep proper balance (chest and shoulders over the ball when taking your touch). Continue with the pattern for time assigned.



Both Feet Outside Only

You will start by putting 3 cones out a foot apart. Using the outside of your right foot you will move the soccer ball between cones to outside of your left foot. Proper technique requires using the outside of the foot to push the ball through the cones moving it back and forth through the cones. Make sure to keep proper balance (chest and shoulders over the ball when taking your touch). This exercise has a premium on touch and moving your feet to catch up to the ball. Continue with the pattern for time assigned.