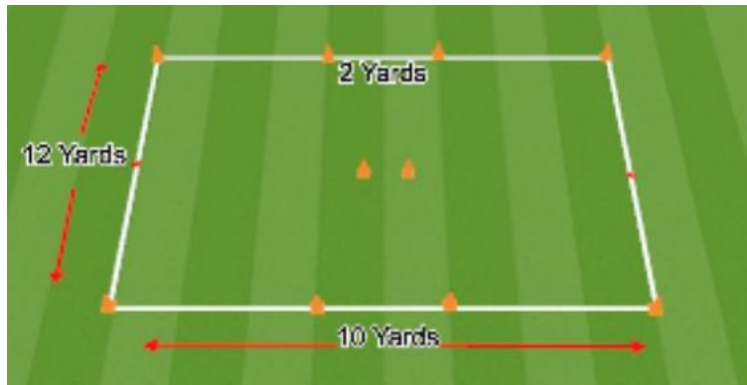




Livermore Fusion SC
Technical Skills Workout: Level 3
Week of April 6-12



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

Video Link

<https://youtu.be/k5qOPmny170>

Exercise	Coaching Points	Reps	Sets
The Cruyff	Inside foot chop to behind the back	4	2
L-Turn – Outside Foot Chop with Opposite Foot	In one movement pull the ball back to inside foot (making the letter L), then chop the ball with the opposite foot using the outside foot	4	2
Step-Over – Inside Chop with Opposite Foot	Step over and intentionally miss the ball, then use the opposite foot to chop it with the inside foot.	4	2
Step-Over – Outside Chop with Same Foot	Step over the ball (intentionally miss the ball as if kicking it), then use the same foot to chop it with the outside foot.	4	2
Scissor – Outside Chop with Opposite Foot	Scissor the ball (intentionally miss the ball as if pushing the ball with the outside of the foot), then using the opposite foot to chop to the outside.	4	2