

**MOVE
BACKWARD
5 SPACES**

1 TOUCH
ALTERNATE FEET
INSIDE ONLY

1 TOUCH
ALTERNATE FEET
LACES ONLY

2 TOUCH
RECEIVE INSIDE
PASS WITH
INSIDE OF
OTHER FOOT

2 TOUCH
SOLE OVER
PASS WITH
INSIDE OF
OTHER FOOT

2 TOUCH
RECEIVE
OUTSIDE
PASS INSIDE OF
SAME FOOT

1 TOUCH
HALF-VOLLEYS
INSIDE FOOT
USE CONTROL
NOT POWER

1 TOUCH
VOLLEYS
INSIDE FOOT
USE CONTROL
NOT POWER

**SKIP TO
START**

CONTE TURNS
OR
PULLBACK 180'S

LEFT FOOT
SOLE OVER
THEN OUTSIDE PUSH
ZIG ZAG

CRUYFF TURNS
OR
MESSI FAKE SHOT

RIGHT FOOT
SOLE OVER
THEN OUTSIDE PUSH
ZIG ZAG

V TURNS
OR
INIESTA SLIDE

ANY MOVE TO MAKE
QUICK TURNS

BEHIND THE LEG
OR
STPEOVER TURNS

LUNGES
OR
SCISSORS

WALL PASSES

ONE MINUTE - ALTERNATE FEET ON ALL PASSES - ADJUST DISTANCE DEPENDING ON TYPE OF REBOUNDER

**KANGAROOS
SOCCER**



MONOPOLY

- *START WITH A 2 MINUTE DYNAMIC WARMUP
- *COMPLETE 3 LAPS TO WIN
- *ALL PLAYERS DO THEIR ACTIVITIES AT THE SAME TIME
- *MAKE MODIFICATIONS AS NEEDED

FITNESS

ONE MINUTE OR 25 SEC, REST 5 SEC, 25 SEC, REST 5 SEC
CHOOSE ONE OF THE ACTIVITIES IN THE BOX

JUGGLING
BELOW KNEE
ALTERNATE FEET

JUGGLING
ALTERNATE
FEET

JUGGLING
RIGHT FOOT

JUGGLING
LEFT FOOT

JUGGLING
HIGH THEN LOW

JUGGLING
FREESTYLE TRICKS

JUGGLING
ALTERNATE FEET
1:1, 2:2, 3:3

JUGGLING PICKUPS
(FLICKUPS, STARTUPS)

DRIBBLING

ONE MINUTE - CHOOSE ONE OF THE MOVES IN THE SQUARE

JUGGLING

ONE MINUTE

**MOVE
FORWARD
5 SPACES**

BURPEES
OR
JUMPING JACKS

YOUR CHOICE
YOGA POSE

JUMP SIDWAYS
BOTH FEET
OVER BALL

SQUAT JUMPS
OR
1 LEG SQUATS

PLANK
OR
PLANK PUSHUP

CRUNCHES
OR
LEG RAISERS

PUSHUPS
OR MODIFIED
PUSHUPS

START

1 MINUTE
FREE CHOICE