

Coach Ben's Weekly Challenge

Monday May 18th 2020

Warm Up – Soccer ball (3 rounds)

1. 5 juggles
2. 20 ball touches
3. 10 ball pushups

Agility Phase – 3 rounds (10 yards)

1. Frog hops
2. One legged front hops
3. Skater hops

Strength Phase – 3 rounds of each

1. One legged squat w/support (10 reps)
2. Split squat jumps (5 each leg)
3. One legged squat w/out support (5 each leg)

COOL DOWN