

**Texas Spurs 04G 2019-2020 Holiday Workout**

**Saturday December 21st:**

***Ball Work:***

Juggle for 30 minutes

**JUGGLING HIGH SCORE:** \_\_\_\_\_

**Sunday December 22nd:**

- 1 mile timed run.
  - **MILE TIME:** \_\_\_\_\_
- Juggle for 20 minutes

**HIGH JUGGLING SCORE:** \_\_\_\_\_

**Monday December 23rd:**

Ladder workout online:

<https://www.youtube.com/watch?v=tMY5Cj39xN8>

**Tuesday December 24th:**

**Enjoy your Christmas Eve with your family!**

**Wednesday December 25th:**

**Merry Christmas!!!!!!!!!!**

**Thursday December 26th:**

- Juggle 30 minutes

**Juggling High Score:** \_\_\_\_\_

**Friday December 27th:**

***Footwork***

- Set five cones in a line a foot apart and one cone ten yards away to sprint to after getting through the line of cones.
- \*Your time starts when you start to dribble, and ends once you get to the cone that is five yards away from the last cone you dribble through.
  - Dribble through cones, time yourself, three times each
    - using right foot only
      - **TIME #1** \_\_\_\_\_
      - **TIME #2** \_\_\_\_\_
      - **TIME #3** \_\_\_\_\_
    - left foot only
      - **TIME #1** \_\_\_\_\_
      - **TIME #2** \_\_\_\_\_
      - **TIME #3** \_\_\_\_\_
    - both feet
      - **TIME #1** \_\_\_\_\_
      - **TIME #2** \_\_\_\_\_
      - **TIME #3** \_\_\_\_\_
    - rolls
      - **TIME #1** \_\_\_\_\_
      - **TIME #2** \_\_\_\_\_
      - **TIME #3** \_\_\_\_\_

***Juggle 10 minutes:***

***High Score:*** \_\_\_\_\_

**Saturday December 28<sup>th</sup>:**

Off

**Sunday December 29<sup>th</sup>**

Try all of these juggling move

<https://www.youtube.com/watch?v=ZJvVihqO1NM>

**Monday December 30<sup>th</sup>:**

- Run 1 Mile

**MILE TIME:** \_\_\_\_\_

**Tuesday December 31<sup>st</sup>:**

- 10 push-ups
- 20 crunches
- 10 push-ups with your arms far apart
- 20 two taps with the ball
- 10 push-ups with your hands in a triangle
- Plank for 1 minute

**Wednesday January 1<sup>st</sup>:**

Off

**Thursday January 2<sup>nd</sup>:**

Juggle 20-30 minutes

**High Score:** \_\_\_\_\_

**Friday January 3<sup>rd</sup>:**

Work on ball skills with the following video:

<https://www.youtube.com/watch?v=-raaJ1KGbzk>

**Which skill was your favorite?** \_\_\_\_\_

**Saturday January 4<sup>th</sup>:**

off

**Sunday January 5<sup>th</sup>:**

Run 1 mile

**Time:** \_\_\_\_\_

**Monday January 6<sup>th</sup>:**

**Back to normal practices, our team will be training with the 04B until Coach Amanda return from Spain.**

**\*\*As we head into next season, it is incredibly important that everyone stays fit and healthy on their own. Over the break, please make sure to continue to get your workouts in. IF you are training during break with your school teams, you do not need to do workouts on those days.**