

# XTREME HOME WORKOUT 1

---

## FOOTWORK

---

5 Sets - 30 Seconds Each

Rest 5 Seconds Between Exercise

Foundations

Sole Roles ( Rolling the Ball )

Toe Touches

---

Juggling 100 Each

Feet Only

Thighs Only

Head Only

---

Dribbling

5 Mins of Dribbling with Speed/Quickness

Technique! Every step or two steps touch the ball

5 Mins of Dribbling with Turns

Technique! Every step or two touch the ball

Change up your turns

---

Important!

Fitness

10 Sets / 30 Seconds / Rest 15-20 Seconds Between

10 Yard Endurance Sprints

High Intensity

Stretch Before lightly

Stretch before bed every night