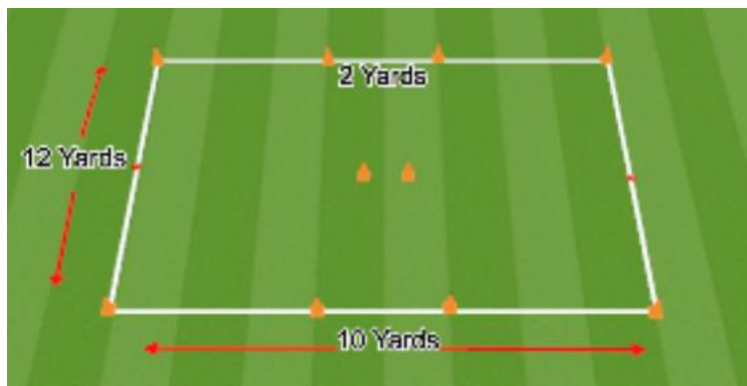




Livermore Fusion SC
Technical Skills Workout: Level 4
Week of April 6-12



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

Video Link

<https://youtu.be/SMjOUESOF34>

Exercise	Coaching Points	Reps	Sets
Inside to Outside Push – Single Foot	Using one foot, push the ball from the inside to outside as quickly as possible. Use a stutter step to execute the move.	4	2
Double Inside to Outside Push – Single Foot	Using one foot, double tap the ball with the inside of the foot. Then push the ball with the outside of the foot. Use a double stutter step to execute the move.	4	2
Double Inside Push – Scissor – Opposite Outside Foot Push	Using one foot, double tap the ball with the inside of the foot. With the same foot do the scissor move and push the ball with the opposite foot using outside foot.	4	2
Double Scissor	Just like it sounds, do a double scissor and change up which foot does the first scissor. At the end make sure to push with the outside of the opposite foot.	4	2
The Okocha	Roll the ball to the inside with one foot and then quickly step over the ball with the opposite foot.	4	2