



# Isolation Training Session 7 - Juggling, Lifts, Turns and Workout

Category: Technical: Ball Control  
Difficulty: Moderate

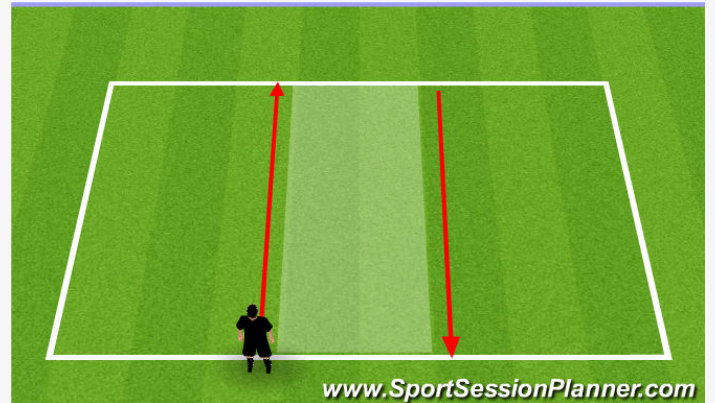
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Individual-Adult Member

## Quick Tests (10 mins)

### Quick Tests

#### CHOOSE 3 - Must do AGLITY

1. Hop on Leg for 30 yards
2. Single leg standing and eyes closed for 20 secs
3. Agility - see SAQ for 2 minutes
4. Run 1 mile continuous - can do this outside!



## Juggle Touch (10 mins)

### Ball Juggling

1. Juggling with both feet Right foot and Left foot only  
Challenge - How many touches in 30 seconds - Feet only
2. Juggling with feet and thighs - Right and Left.  
Challenge - How many touches in 30 seconds - Feet and Thighs

### Ball Lifts x 5

1. Drag and Flick- Roll ball with sole of foot and flick it up to juggle (video)
2. Scissor ( See Video- Both feet brought together)
3. Roll and Flick - Roll ball to other foot and flick ball up (video)
4. Heel Strike - Roll ball up standing leg - Use heel to strike the ball into the ground and lift (Video)
5. Clamp Jump - Ball between legs and then jump up with ball and start juggling (Video)

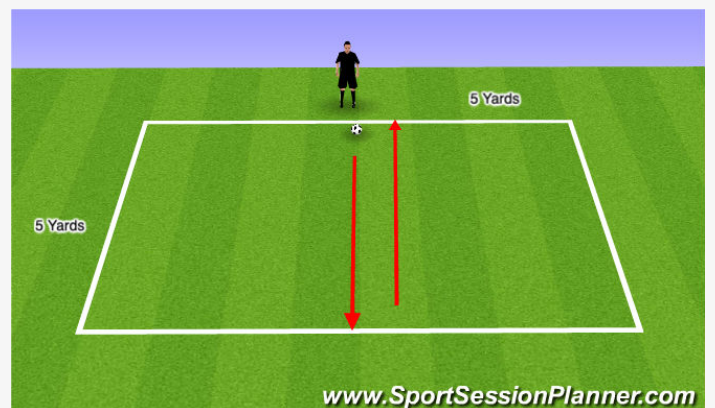


## Types of Turn (15 mins)

### Turns

Sets of 5 (25 Total)  
Box is 5yds by 5yds

1. Roll back turn Right Foot (Video)
2. Roll back turn Left Foot (video)
3. Step Over Turn with outside of foot (video)
4. Stop Turn
5. Cruyff Turn



## 8 minute body workout (10 mins)

### 8 minute Body workout

1. Push ups - 30 secs - Hold to the top if you cannot continue
2. Situps - 30 Secs - Feet on ground - Head up to knees
3. Pushups - 10 reps
4. Situps - 10 reps
5. Body squats - 30 secs
6. Body weight - V Ups - 30 secs
7. Alternate forward lunge - 30 secs
8. Burpees from standing position 30 secs
9. Arm circles - Thumbs down - 30 secs
10. Pushups - 10
11. Arm circles - 30 secs
12. High knees - 30 secs
13. Butt Kicks - 30 secs

