



Pure Football Academy Skills Card 13

Perform each challenge daily for 1 minute and record your score.

Football

Week:	Day 1	Day 2	Day 3	Day 4	Day 5
Samba Feet					
Tick Tock Bubblegum					
Glue Stick & Ronaldo Chop					
Step Over - Carousel - L Turn - Outside Hook					



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Physical

Week:	Day 1	Day 2	Day 3	Day 4	Day 5
Static Jump					
Single Leg Glute Bridge					
Calf Raises					
Mountain Climber Crossover					
Tuck Jumps					

