Pure Football Academy Skills Card 8

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

Football

Week:	Day 1	Day 2	Day 3	Day 4	Day 5
Sole Spins					
Sole Tick Tocks					
Carousel					
Combination + Ronaldo Chop					

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

Physical

Week:	Day 1	Day 2	Day 3	Day 4	Day 5
Bunny Raises					
Russian Twist					
Squat Jumps					
Mountain Climbers					
Lateral Sprints					