

SOCCER COORDINATION

2-3 ROUNDS

#9



1. KNEE TUCK CLASSIC PLANK

☑ BEG: 4 REP
INT: 6 REP
ADV: 10 REP

#46



2. REVERSE LUNGE & SQUAT COMBO

☑ BEG: 8 REP
INT: 12 REP
ADV: 20 REP

REST FOR 20 SECONDS

#14



3. DYNAMIC CROSSOVER

☑ BEG: 10 REP
INT: 15 REP
ADV: 20 REP

#62



4. SPIDERMAN PUSH-UPS

☑ BEG: 4 REP PER SIDE
INT: 5 REP PER SIDE
ADV: 10 REP PER SIDE

REST FOR 30 SECONDS

#55



5. SINGLE LEG TOE TOUCHES

☑ BEG: 10 REP
INT: 15 REP
ADV: 20 REP

#57



6. FRONT LEG SWINGS

☑ BEG: 10 REP
INT: 15 REP
ADV: 20 REP

REST FOR 1 MINUTE



WATCH THE VIDEO

BEFORE YOU START: CONSULT YOUR HEALTHCARE PROFESSIONAL BEFORE BEGINNING ANY FITNESS REGIME.

WANT MORE TRAINING?

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