EXERCISE 1
JOG & LOOK AT THE COACH (TO STOP)
- 3x 5 stop commandos
- 3x 5 stop commandos
- 3x 5 stop commandos
- 3x 5 stop commandos
- 3x 5 stop commandos

EXERCISE 2
SKATING HOP
- 2x 10 hops (5 on each leg)
- 2x 10 hops (5 on each leg)
- 2x 10 hops (5 on each leg)
- 2x 10 hops (5 on each leg)
- 2x 10 hops (5 on each leg)

EXERCISE 3
ONE LEG STANCE
- 1x right leg and 5 passes per player
- 1x right leg and 5 passes per player
- 1x right leg and 5 passes per player
- 1x right leg and 5 passes per player
- 1x right leg for 20-30 seconds

EXERCISE 4
PUSH UP
- 2x, until each kid rolls the ball press 8 kids
- 2x, until each kid rolls the ball press 8 kids
- 2x, until each kid rolls the ball press 8 kids
- 2x, until each kid rolls the ball press 8 kids
- 2x, until each kid rolls the ball press 8 kids

EXERCISE 5
ONE LEG HOPS
- 2x, 5 hops on right leg and 5 hops on left leg
- 2x, 5 hops on right leg and 5 hops on left leg
- 2x, 5 hops on right leg and 5 hops on left leg
- 2x, 5 hops on right leg and 5 hops on left leg
- 2x, 5 hops on right leg and 5 hops on left leg

EXERCISE 6
SPIDERMAN
- 3x à 15 seconds
- 3x à 15 seconds
- 3x à 15 seconds
- 3x à 15 seconds
- 3x à 15 seconds

EXERCISE 7
ROLL OVER
- 5-7x per side
- 5-7x per side
- 5-7x per side
- 5-7x per side
- 5-7x per side

EXERCISE 8
ONE LEG STANCE
- 1x right/left and 5 passes per player
- 1x right/left and 5 passes per player
- 1x right/left and 5 passes per player
- 1x right/left and 5 passes per player
- 1x right/left for ca. 20 seconds

EXERCISE 9
PUSH UP
- 2x, until each kid rolls the ball press 8 kids
- 2x, until each kid rolls the ball press 8 kids
- 2x, until each kid rolls the ball press 8 kids
- 2x, until each kid rolls the ball press 8 kids
- 2x, until each kid rolls the ball press 8 kids

EXERCISE 10
ONE LEG HOPS
- 2x, 5 hops on right leg and 5 hops on left leg
- 2x, 5 hops on right leg and 5 hops on left leg
- 2x, 5 hops on right leg and 5 hops on left leg
- 2x, 5 hops on right leg and 5 hops on left leg
- 2x, 5 hops on right leg and 5 hops on left leg

EXERCISE 11
SPIDERMAN
- 3x à 15 seconds
- 3x à 15 seconds
- 3x à 15 seconds
- 3x à 15 seconds
- 3x à 15 seconds

EXERCISE 12
ROLL OVER
- 5-7x per side
- 5-7x per side
- 5-7x per side
- 5-7x per side
- 5-7x per side

FIFA 11+ KIDS