

JULY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SAT/SUN

TOTAL

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SAT/SUN</u>	<u>TOTAL</u>
2 Juggling - 850 350 - RF 350 - LF 75 - Head 75 - Mix RUN 40 minutes	3 IN-BETWEEN'S - 250 RUN 40 minutes	4 ON YOUR OWN	5 TOE TOUCHES - 250 RUN 40 minutes	6 Juggling - 850 350 - RF 350 - LF 75 - Head 75 - Mix RUN 40 minutes	7 IN-BETWEEN'S - 250 RUN 40 minutes <hr/> 8 TOE TOUCHES - 250	850 250 250 850 250 250 900
9 Juggling - 900 375 - RF 375 - LF 75 - Head 75 - Mix RUN 40 minutes	10 Juggling - 900 375 - RF 375 - LF 75 - Head 75 - Mix	11 Juggling - 900 375 - RF 375 - LF 75 - Head 75 - Mix RUN 40 minutes	12 Juggling - 900 375 - RF 375 - LF 75 - Head 75 - Mix	13 Juggling - 900 375 - RF 375 - LF 75 - Head 75 - Mix RUN 40 minutes	14 TOUCH & DRAG -250 (INSIDE) RUN 40 minutes <hr/> 15 TOUCH & DRAG -250 (OUTSIDE)	900 900 250 250 950 950 950 100
16 Juggling - 950 400 - RF 400 - LF 75 - Head 75 - Mix RUN 40 minutes	17 Juggling - 950 400 - RF 400 - LF 75 - Head 75 - Mix	18 Juggling - 950 400 - RF 400 - LF 75 - Head 75 - Mix RUN 40 minutes	19 Juggling - 950 400 - RF 400 - LF 75 - Head 75 - Mix	20 Juggling - 950 400 - RF 400 - LF 75 - Head 75 - Mix RUN 40 minutes	21 STEP OVER/TURN - 100 RUN 40 minutes <hr/> 22 PULL BACK - 100	100 1000 1000 1000 100 100 1050
23 Juggling - 1000 425 - RF 425 - LF 75 - Head 75 - Mix RUN 40 minutes	24 Juggling - 1000 425 - RF 425 - LF 75 - Head 75 - Mix	25 Juggling - 1000 425 - RF 425 - LF 75 - Head 75 - Mix RUN 40 minutes	26 Juggling - 1000 425 - RF 425 - LF 75 - Head 75 - Mix	27 Juggling - 1000 425 - RF 425 - LF 75 - Head 75 - Mix RUN 40 minutes	28 FIGURE 8 - 100 (IS) RUN 40 minutes <hr/> 29 FIGURE 8 - 100 (OS)	1050
30 Juggling - 1050 425 - RF 425 - LF 100 - Head 100 - Mix RUN 40 minutes	31 9:00 - 11:00 a.m. *Technical- Shooting *Small Field Scrimmaging					<hr/> <hr/> 13200