

Controlling Out of the Air- Virtual Training 2

**\*BOLD= Do for 20 seconds R foot, then 20 seconds L foot**

*1 cycle=going from cone A to cone B and back to cone A*

*For cradle and forward chop, count repetitions for each foot (R/L)*

<b>Exercise</b>	<b>1<sup>st</sup> Round (R)</b>	<b>2<sup>nd</sup> Round (R)</b>	<b>3<sup>rd</sup> Round (L)</b>	<b>4<sup>th</sup> Round (L)</b>
<b>Cradle</b>				
Inside Chop				
Outside Chop				
Forward Chop				
<b>Thigh To Cradle</b>				
Thigh to Inside Chop				
Thigh to Outside Chop				
Thigh to Forward Chop				
Inside Chop to Outside Chop				
Cruyff Turn Chop				