

# PURPLE RAIN

For the week of: 5/19-5/26

## TikTok

1min 30 sec x3

## Around the Cone

1min 30 sec x3

## Outside/Inside

1min each foot x4

## Balanced Volleys

LT foot: 10 volleys x3

RT foot: 10 volleys x3

## Dribbling

L-move: 2 min

CRUYFF: 2 min

Scissors/step over: 2 min

V-move: 2 min

Pullback: 2 min

-Coach PK

# Individual Training

For demo please follow:  
Kassandra on Instagram  
[@vega\\_idk\\_vegas](https://www.instagram.com/vega_idk_vegas)

