



PODAR ENRICHMENT ACADEMY

Learning for Life

└ **Football :-**

- Basic warm –up & stretching.
 - Different forms of running exercise.
 - Dynamic stretching.
 - Wall passing.
 - One touch passes.
 - Two touch passes.
 - Step running.
 - Agility works out.
 - Chipping the ball.
 - Bullet short.
 - Short on target.
 - Sprint running.
 - Push up & abs.
 - Crunches after practise.
 - Shuttles. (continuous running)
 - Practise match at the end of the day.
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