

## DAY 16

### Agility, Acceleration

Short distance, changing directions:

- <https://www.youtube.com/watch?v=oYgfODvpt58>

It is up to you if you want to add some leg strengthening exercises. However, agility and acceleration exercises do exhaust your legs.

### Ball Training

First touch – take as many touches as possible, work on both feet

- <https://www.youtube.com/watch?v=7UfIFjce5Q>

### Rolling AND Mobility/Flexibility

Get the foam roller followed by couple of minutes of a hip mobility -

[https://www.youtube.com/watch?v=x-uNaley\\_08](https://www.youtube.com/watch?v=x-uNaley_08)