



## Developing Players For The Future

Soccer homework is probably the most important thing any player can do to improve their game. We want you to focus on soccer daily, not just during practice and games. How good do you want to be is completely upto you.

Try the practice below each day and record your top scores.

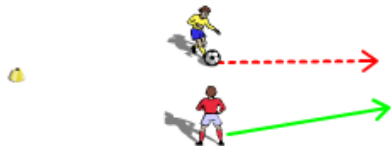
### Reaction Sprints

Place two cones about 10 yards apart. Players start by facing each other. The player with the ball is in control of the movement. The opposition player cannot cross into the other players side. First to the target marker wins. Play first to five.

**Time:** 1st to Five Points then rotate roles

### KEY POINTS

- Keep the ball as close to you as possible
- Take a lot of soft touches and maintain control of the ball
- Vary your moves and don't be limited to one way to turn with the ball



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday