

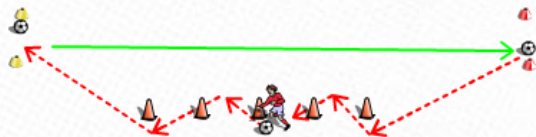


Developing Players For The Future

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.

Speed Dribbling



Player takes one ball and dribbles in and out of the cones, stopping the ball between the yellow cones. Once the ball has been stopped, players sprint back to the red cones and repeat the process to move the balls.

Time: 4x reps

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