

		Days Accomplishments						
Strength & Conditioning	Goal	M	T	W	T	F	S	S
#1 - Shoulder Roll								
#2 - Hamstring-Calf Stretch								
#3 - Quad Stretch								
#4 - Half Squats	15-20 Reps							
#5 – Pushups	10-15 Reps							
#6 - Upright Row	12-20 Reps							
#7 - Side-To-Side Shuffle	Total # in 3 min.							
Ball Control & Management	Goal	M	T	W	T	F	S	S
#1 - Juggling With The Foot	How many juggles?							
#2 - Juggling With The Thigh	How many juggles?							
#3 - Juggling With The Head	Can you do 3+ reps?							
Receiving/Passing The Ball	Goal	M	T	W	T	F	S	S
#1 - Intro To Passing								
#2 - Locking The Ankle Drill	10+ Reps each Foot							
#3 - Striking With The Laces Drill	10+ Reps good strikes							
#4 - Striking At A Target Drill	5 hits out of 15 strikes							
Foot Skills With The Ball	Goal	M	T	W	T	F	S	S
#1 - Tap Tops Drill	Total # in 2 min.							
#2 - Tap Tops Moving Drill	Total # in 2 min.							
#3 - Pull-Push Drill	15 Reps each foot							
#4 - Touch-Touch Stop Drill	15 Reps each foot							

My Assessment Of Week #1:

- 1) Did I complete or exceed all of the exercises Coach Rick asked me to do?
- 2) Could I juggle more than 7 times with each foot?
- 3) Did I beat the “striking at the target” goal?
- 4) Could I do the Touch-Touch Stop Drill 15 times with each foot and in good form?

Yes I Tried My Best But I Need More Work

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