

Days Accomplishments

Strength & Conditioning	Goal	M	T	W	T	F	S	S
#1 - Hamstring-Calf Stretch								
#2 - Groin Stretch								
#3 - One Leg Balance & Squat	8-12 Reps							
#4 - Leg Curl	12-20 Reps							
#5 - Leg Lifts	10-12 Reps							
#6 - Calf Raises	12-20 Reps							
#7 - Knee-To-Chest	20 Reps Single							
	20 Reps Double							
Ball Control & Management	Goal	M	T	W	T	F	S	S
#1 - Dribbling Tight Spaces	# of touches in 2 min.							
#2 - Dribbling Open Space								
#3 - Dribbling Tight & Open Spaces	# of completed courses							
Receiving/Passing The Ball	Goal	M	T	W	T	F	S	S
#1 – Passing To A Stationary Target	# hits out of 20 strikes							
#2 – Passing To Open Space	# hits out of 20 strikes							
#3 – Serving To A Stationary Target	10 hits per 20 strikes							
Foot Skills With The Ball	Goal	M	T	W	T	F	S	S
#1 - Inside-Outside – Right Foot	# touches in 2 min.							
#2 - Inside-Outside – Left Foot	# touches in 2 min.							
#3 - Inside-Inside Outside Drill	20+ Reps in 2 min.							
#4 - Outside-Outside Cut Drill	20+ Reps each foot							

My Assessment Of Week #2:

- 1) Can I do 20 each single and double Knee-To-Chest in a row?
- 2) Can I dribble in tight and open spaces under control?
- 3) Can I serve a pass accurately to a target 10+ times out of 20 attempts?
- 4) Am I comfortable moving the ball inside and outside like Coach Sean asked?

Yes	I Tried My Best But I Need More Work
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