



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.



JUGGLING

Keep the ball in the air without letting the ball fall to the ground. Use various body part (i.e. feet, thigh, chest, shoulder, head). To advance this exercise, try juggling the ball from one point to another by setting up two markers 10 yards apart.

Time: 10minutes

KEY POINTS

- If your toe is up the ball will spin back towards you.
- When your toe is pointed down to far the ball will bounce away from you.
- When your toe is straight out the ball will go straight up

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday