



NWI Lions United Virtual Soccer Practice Calendar



Week 9 Checklist

MONDAY 18	TUESDAY 19	WEDNESDAY 20	THURSDAY 21	FRIDAY 22	SATURDAY 23
5 Minute Warm up	5 Minute Warm Up	5 Minute Warm Up	5 Minute Warm Up	5 Minute Warm Up	5 Minute Warm Up
5 minutes - Juggling	5 Minutes - Juggling	5 Minutes - Juggling	5 Minutes - Juggling	5 Minutes - Juggling	5 Minutes - Juggling
10 Minutes - Ball Mastery	10 Minutes - Ball Mastery	10 Minutes - Ball Mastery	10 Minutes - Ball Mastery	10 Minutes - Ball Mastery	10 Minutes - Ball Mastery
10 Minutes - Agility	10 Minutes - Fitness	10 Minutes - Strength	10 Minutes - Fitness	10 Minutes - Agility	10 Minutes - Strength
15 Minutes - Activity	15 minutes - Activity	15 minutes - Activity	15 minutes - Activity	15 minutes - Activity	15 minutes - Activity
15 Minutes - Players Choice	15 Minutes - Players Choice	15 Minutes - Players Choice	15 Minutes - Players Choice	15 Minutes - Players Choice	15 Minutes - Players Choice

Players Choice					
Which area of your game are you going to chose each day?					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday