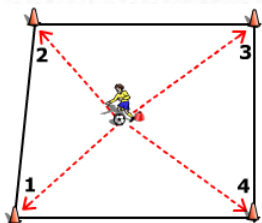




Developing Players For The Future

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.



Turning With The Ball

Within a 10x10 yard box, start in the middle. The objective is to dribble out to the four corners as quickly as possible. Perform a series of turns when you get to the corner and get the ball back into the middle as quickly as possible.

Time: 10 Repetitions

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