


NORTH SUBURBAN SOCCER: ADDITIONAL TRAINING LOG

PLAYER NAME:		Example	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	COMMENTS	
WARM UP (7 1/2 minutes) Pick any 5 (3x30 seconds)		6-Apr									
1	Toe Taps (on top)	X									
2	Popcorn (Toe taps using inside of feet)										
3	Triangles - Left & Right										
4	Square Touches	X									
5	Outside - Inside (single foot)										
6	Outside - Inside (both feet)										
7	Sole Taps										
8	Forward Motion Sole Taps	X									
9	Reverse Motion Sole Taps										
10	Dribbling Right Foot Inside/Outside										
11	Dribbling Left Foot Inside/Outside										
12	Pull/Push Inside Foot	X									
13	Pull/Push Instep(Laces)	X									
14	Pull/Push Outside of Foot										
15	Baby V's										
16	L's										
17	Sole to Sole										
18	JUGGLING RECORD (DAILY)										
BALL MASTERY (15 minutes) Pick any 3 - MUST Use Left & Right Foot		6-Apr									
1	Change of Direction Inside Cut 4x20 seconds										
2	Change of Direction Outside cut 4x20 seconds										
3	Sole Rolls (3 Minutes)	X									
4	Escape Turn - Inside Foot (3 Minutes)	X									
5	Escape Turn - Outside Foot (3 Minutes)										
6	Step-Over Turn (single foot) (3 Minutes)										
7	Stepover Turn (both feet) (3 Minutes)										
8	Outside Foot Push (3 Minutes)	X									
9	Inside Foot Push (3 Minutes)										
10	L-Turn (3 minutes)										
MOVES (7-10 minutes) Pick 1 - MUST Use Left & Right Foot		6-Apr									
1	Stepover										
2	Step-over Turn	X									
3	Scissors										
4	Double Scissors										
5	Elastico										
6	Maradona										
7	Ronaldo Chop										
1	Feints										
2	Cruyff										
3	Kante										
Parents Initials		KF									
Instructions: Please mark an (x) in the space provided for the day and skill completed. This sheet is an "extra" for players to do in addition to the technical sessions sent out. For any skills not known, you can search in YouTube or reach out to your team coach. HAPPY TRAINING!											