

## NORTH SUBURBAN SOCCER: WEEKLY TRAINING LOG

PLAYER NAME:									LINKS	
		Example	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Juggling or One-Bounce Juggling (5 minutes) <small>*Primary surface is feet</small>	13-Apr									
<b>Record # of most consecutive juggles or 1-bounce juggles</b>	<b>25</b>									
WARM UP (7 1/2 minutes) <small>Pick any 5 and use a 8x8 grid (3x30 seconds)</small>	13-Apr									
1 Toe Taps (on top)										<a href="https://www.youtube.com/watch?v=x3uflEsdwYo">https://www.youtube.com/watch?v=x3uflEsdwYo</a>
2 Popcorn (Toe taps using inside of feet)										<a href="https://www.youtube.com/watch?v=mJmmuulpArk&amp;list=PLsRSiirCYTQeDbDg3lEF5BS-XnrMQUd7O&amp;index=1">https://www.youtube.com/watch?v=mJmmuulpArk&amp;list=PLsRSiirCYTQeDbDg3lEF5BS-XnrMQUd7O&amp;index=1</a>
3 Triangles - Left & Right										<a href="https://www.youtube.com/watch?v=9e6FW7lL-HI">https://www.youtube.com/watch?v=9e6FW7lL-HI</a>
4 In and Out Boxes										<a href="https://www.youtube.com/watch?v=rWw_cjwrc-k">https://www.youtube.com/watch?v=rWw_cjwrc-k</a>
5 Outside - Inside (single foot)										<a href="https://www.youtube.com/watch?v=OuuxtoHsEk&amp;list=PLsRSiirCYTQeDbDg3lEF5BS-XnrMQUd7O&amp;index=9">https://www.youtube.com/watch?v=OuuxtoHsEk&amp;list=PLsRSiirCYTQeDbDg3lEF5BS-XnrMQUd7O&amp;index=9</a>
6 Outside - Inside (both feet)										<a href="https://www.youtube.com/watch?v=0TEs_OTPYNA">https://www.youtube.com/watch?v=0TEs_OTPYNA</a>
7 Sole Rolls										<a href="https://www.youtube.com/watch?v=6nqXluYlKec">https://www.youtube.com/watch?v=6nqXluYlKec</a>
8 Forward Motion Sole Taps										<a href="https://www.youtube.com/watch?v=r5Zl1hxMqO4&amp;list=PLsRSiirCYTQeDbDg3lEF5BS-XnrMQUd7O&amp;index=5">https://www.youtube.com/watch?v=r5Zl1hxMqO4&amp;list=PLsRSiirCYTQeDbDg3lEF5BS-XnrMQUd7O&amp;index=5</a>
9 Reverse Motion Sole Taps										<a href="https://www.youtube.com/watch?v=r5Zl1hxMqO4&amp;list=PLsRSiirCYTQeDbDg3lEF5BS-XnrMQUd7O&amp;index=5">https://www.youtube.com/watch?v=r5Zl1hxMqO4&amp;list=PLsRSiirCYTQeDbDg3lEF5BS-XnrMQUd7O&amp;index=5</a>
10 Dribbling Inside/Outside (right and left foot)										<a href="https://www.youtube.com/watch?v=INP7S2nmkss">https://www.youtube.com/watch?v=INP7S2nmkss</a>
11 Inside, inside, inside, outside										<a href="https://www.youtube.com/watch?v=8p-SlX1Mik">https://www.youtube.com/watch?v=8p-SlX1Mik</a>
12 Pull/Push Inside Foot										<a href="https://www.youtube.com/watch?v=t02lwwSDNUJQ">https://www.youtube.com/watch?v=t02lwwSDNUJQ</a>
13 Pull/Push Instep (Laces)										<a href="https://www.youtube.com/watch?v=xhYsK3czCs">https://www.youtube.com/watch?v=xhYsK3czCs</a>
14 Pull/Push Outside of Foot										<a href="https://www.youtube.com/watch?v=3lvytm6qOY">https://www.youtube.com/watch?v=3lvytm6qOY</a>
15 Baby V's										<a href="https://www.youtube.com/watch?v=0a7UyEc6Ps">https://www.youtube.com/watch?v=0a7UyEc6Ps</a>
16 L's										<a href="https://www.youtube.com/watch?v=7ymlrwRaIHY">https://www.youtube.com/watch?v=7ymlrwRaIHY</a>
17 Tap - Tap - Roll										<a href="https://www.youtube.com/watch?v=3YP2_pikE&amp;list=PLsRSiirCYTQeDbDg3lEF5BS-XnrMQUd7O&amp;index=3">https://www.youtube.com/watch?v=3YP2_pikE&amp;list=PLsRSiirCYTQeDbDg3lEF5BS-XnrMQUd7O&amp;index=3</a>
TECHNICAL SESSION I										
TECHNICAL SESSION II	13-Apr									
TECHNICAL SESSION III										
SportsLab360 Assignment(s)	13-Apr									
1										
2										
3										
Cardio: Mark an "x" on days completed	13-Apr									
1 Orange Theory (or similar)	<b>X</b>									
2 Cardio - sprints	<b>X</b>									
3 Cardio - outdoor run/jog (25 - 30 minutes)										
Parents Initials	<b>KF</b>									
Instructions: Please mark an (x) in the space provided for the day you completed each session. Each day you train, start with juggling to warm up. Move on to the warm up and choose 5 ball mastery topics to warm up with. Links are provided to each skill. Record the day you complete the technical sessions, sportslab360 assignment and fitness components. As always, if you have any questions, please do not hesitate to reach out to the coaches. <b>PLAYERS GOAL = COMPLETE EACH TECHNICAL SESSION ONCE (3 TOTAL) / COMPLETE ORANGE THEORY WORK OUTS = 3 TIMES PER WEEK / WORK ON FOOT SKILL CHALLENGE &amp; SUBMIT BY SUNDAY OF EACH WEEK / WORK ON ADDITIONAL HOMEWORK SHEET AS TIME ALLOWS</b>										

