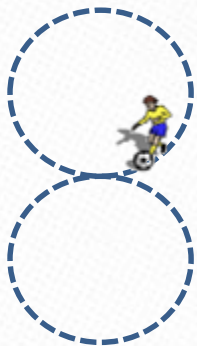




## Developing Players For The Future

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.



### Figure of Eight

Make two adjoining circles which you can dribble around. Dribble your ball through the grid in a figure of eight. Make 3 laps using different surfaces of the foot (i.e. Inside, Outside, Laces) and time yourself

**Time:** 3 Laps using each part of the foot

### 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