



## Developing Players For The Future

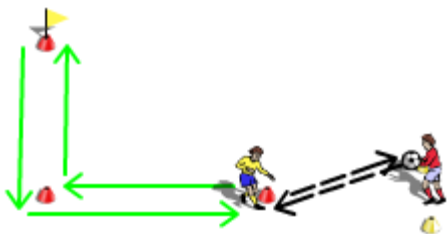
Soccer homework is probably the most important thing any player can do to improve their game. We want you to focus on soccer daily, not just during practice and games. How good do you want to be is completely upto you.

Try the practice below each day and record your top scores.

### The L-Drill

Start at the yellow flag and sprint to the first cone. Cut left and sprint another 10 yards. When you pass the next cone, your team-mate should feed the ball in. Pass back and sprint to the start again as shown.

**Time:** 3mins On, 1min Off (4x reps)



### 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