



WARM UP (before workout)

Sit ups	10
Jumping jacks	10
Lunges	5 each side
Running in place	30 seconds
Arm circles	10 each direction

COOL DOWN (after workout)

Jog in place	30 seconds
Quad stretch	10 seconds each side
Upper body stretch	10 seconds each side
Calf stretch	10 seconds each side

Soccer Workout Tracker

LEARNING		PRACTICING		DONE!	
DRIBBLING					
Dribbling Techniques					<input type="checkbox"/>
		Gates Game	➔		<input type="checkbox"/>
		Red Light, Green Light		<input type="checkbox"/>	
		Body Ball Game		<input type="checkbox"/>	
				<input type="checkbox"/>	
PASSING					
Passing with Inside of Foot					<input type="checkbox"/>
		Passing Through Gates	➔		<input type="checkbox"/>
		Soccer Bowling		<input type="checkbox"/>	
		Kicking Drill		<input type="checkbox"/>	
		Precision Passing/ Shooting		<input type="checkbox"/>	
				<input type="checkbox"/>	
RECEIVING					
Receiving the Ball					<input type="checkbox"/>
		Wall Kicks	➔		<input type="checkbox"/>
SHOOTING					
Locking Ankle Technique					<input type="checkbox"/>
Shooting Technique			➔		<input type="checkbox"/>
		Pairs Shooting Game		<input type="checkbox"/>	
		Target Shooting		<input type="checkbox"/>	
		Precision Passing/ Shooting		<input type="checkbox"/>	
				<input type="checkbox"/>	

Use this sheet to keep track of your Soccer workouts. We recommend four videos a week and practice in between for this unit. Once you complete a workout make sure to log it on the *i play! at home* virtual challenge website.