



Soccer Training Academy *Player Development Weekly Tracking Sheet*

Fast Footwork Skills Homework								
Start Here - Complete in order; increase speed as you go; quicker is better								
	Skill	Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	Foundations							
2	Foundations w/ V							
3	Inside / Outside							
4	Inside / Outside w/ Irish Jigg							
5	Scissors							
6	Shake and Bake							
7	Pull-back							
8	Maradona Spin							
9	Cruyff							
10	Pass/Turn							
11	Twist-off							
12	Revelino							
13	Conte							
14	Fake-Pass/Sweep							
15	Front Vs							
16	Juggles (feet only)							
Practice each skill for 1 min, rest 15 sec. 15-20 mins every day - record number of reps completed for each								HAVE
PARENTS SIGN YOUR FORM; Hand form to coach every week !!								

Parent Signature: _____