|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Dribbling | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Short Passing | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Long Passing | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Ball Control (First Touch) | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Ball Striking | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Precision Finishing | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Non-Preferred Foot | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 1v1 Attacking | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 1v1 Defending | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Heading | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 1st touch trap | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |

**Player Self Evaluation- How would you rate yourself?**

**Technical**

**Intangibles**

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Work Rate  | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Coachable | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Attitude  | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Concentration | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Attendance | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Punctuality | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Confidence  | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Leadership | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |

**Physical**

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Speed  | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Strength | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Explosiveness  | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Endurance  | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Agility/ footspeed | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |

**Tactical**

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Movement Without Ball | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Defending Principles | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Attacking Principles | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Awareness (Scanning) | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Decision Making  | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |

**1-3 = Poor** (Need for Improvement!) **4-6 = Average – Good**. (Keep Working!) **7-9 = Good – Very Good**. (Still Room for Improvement!)

**10 = Excellent** (Never Stop Improving!)

All grades are in comparison to the level of play at each specific age group.

**Outplaying Skills Mastery- Can you Do Them All?**

Drag Back------  Unopposed- R / L 1v1- R / L In Combination-R / L Game Speed 1v1- R / L

Inside Chop---- Unopposed- R / L 1v1- R / L In Combination-R / L Game Speed 1v1- R / L

Outside Chop-- Unopposed- R / L 1v1- R / L In Combination-R / L Game Speed 1v1- R / L

V- Behind------ Unopposed- R / L 1v1- R / L In Combination-R / L Game Speed 1v1- R / L

V- In-Front----- Unopposed- R / L 1v1- R / L In Combination-R / L Game Speed 1v1- R / L

Stepover------- Unopposed- R / L 1v1- R / L In Combination-R / L Game Speed 1v1- R / L

Scissors -------- Unopposed- R / L 1v1- R / L In Combination-R / L Game Speed 1v1- R / L

U- Turn -------- Unopposed- R / L 1v1- R / L In Combination-R / L Game Speed 1v1- R / L

Stop Turn------ Unopposed- R / L 1v1- R / L In Combination-R / L Game Speed 1v1- R / L

Cruyff Turn---- Unopposed- R / L 1v1- R / L In Combination-R / L Game Speed 1v1- R / L

Zidane Roulette Unopposed- R / L 1v1- R / L In Combination-R / L Game Speed 1v1- R / L

**The 4 Pillars of Soccer:** Technical Skills, Tactical Understanding and Soccer IQ, Physical Abilities, Psychological Strength.

**The 4 Phases of Play:** Defending- Defensive Transition- Attacking- Attacking Transition

**Strengths:**

|  |
| --- |
| Some of the things I can do well are…. |

**Areas to Improve:**

|  |
| --- |
| Some things I can work on are… |

**Soccer Goals:**

|  |
| --- |
| My goals are… |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| Practice 30 min:Juggle:Passing:Dribble:Shooting: | Practice 30 min:Skill 1:Skill 2:Skill 3:Skill 4: | Practice 30 min:Play a game:Juggle: | Practice 30 min:Skill 1:Skill 2:Skill 3:Skill 4: | Practice 30 min:Juggle:Passing:Dribble:Shooting: | Play any game/ exercise 1 hour:Watch soccer 30 min: | Practice 30 min:Skill 1:Skill 2:Skill 3:Skill 4: |
| Weekly Challenge: Try 3 new fruits & 3 new vegetables |
| Practice 30 min:Juggle:Passing:Dribble:Shooting: | Practice 30 min:Skill 1:Skill 2:Skill 3:Skill 4: | Practice 30 min:Play a game:Juggle: | Practice 30 min:Skill 1:Skill 2:Skill 3:Skill 4: | Practice 30 min:Juggle:Passing:Dribble:Shooting: | Play any game/ exercise 1 hour:Watch soccer 30 min: | Practice 30 min:Skill 1:Skill 2:Skill 3:Skill 4: |
| Weekly Challenge: Watch 4 halves of any professional soccer games |
| Practice 30 min:Juggle:Passing:Dribble:Shooting: | Practice 30 min:Skill 1:Skill 2:Skill 3:Skill 4: | Practice 30 min:Play a game:Juggle: | Practice 30 min:Skill 1:Skill 2:Skill 3:Skill 4: | Practice 30 min:Juggle:Passing:Dribble:Shooting: | Play any game/ exercise 1 hour:Watch soccer 30 min: | Practice 30 min:Skill 1:Skill 2:Skill 3:Skill 4: |
| Weekly Challenge: Run a mile as fast as you can (beat that time later in the week) |
| Practice 30 min:Juggle:Passing:Dribble:Shooting: | Practice 30 min:Skill 1:Skill 2:Skill 3:Skill 4: | Practice 30 min:Play a game:Juggle: | Practice 30 min:Skill 1:Skill 2:Skill 3:Skill 4: | Practice 30 min:Juggle:Passing:Dribble:Shooting: | Play any game/ exercise 1 hour:Watch soccer 30 min: | Practice 30 min:Skill 1:Skill 2:Skill 3:Skill 4: |
| Weekly Challenge: Read 30 minutes at least 5 days |
| Practice 30 min:Juggle:Passing:Dribble:Shooting: | Practice 30 min:Skill 1:Skill 2:Skill 3:Skill 4: | Practice 30 min:Play a game:Juggle: | Practice 30 min:Skill 1:Skill 2:Skill 3:Skill 4: | Practice 30 min:Juggle:Passing:Dribble:Shooting: | Play any game/ exercise 1 hour:Watch soccer 30 min: | Practice 30 min:Skill 1:Skill 2:Skill 3:Skill 4: |
| Weekly Challenge: Play at least 2 sports other than soccer |

Each week, work to check off each day. Days can be done at any time/ switch days around. Check off each line of each day to complete the day. Bonus weekly challenge can be done at any time during the week. Track your progress and complete the summer skill builder. Focus on using the outplaying skills, ball control, dribbling, passing, shooting, and juggling. Good Luck!

Each week, work to check off each day. Days can be done at any time/ switch days around. Check off each line of each day to complete the day. Bonus weekly challenge can be done at any time during the week. Track your progress and complete the summer skill builder. Focus on using the outplaying skills, ball control, dribbling, passing, shooting, and juggling. Good Luck!

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| Practice 30 min:Juggle:Passing:Dribble:Shooting: | Practice 30 min:Skill 1:Skill 2:Skill 3:Skill 4: | Practice 30 min:Play a game:Juggle: | Practice 30 min:Skill 1:Skill 2:Skill 3:Skill 4: | Practice 30 min:Juggle:Passing:Dribble:Shooting: | Play any game/ exercise 1 hour:Watch soccer 30 min: | Practice 30 min:Skill 1:Skill 2:Skill 3:Skill 4: |
| Weekly Challenge: Try a new food from 2 other countries |
| Practice 30 min:Juggle:Passing:Dribble:Shooting: | Practice 30 min:Skill 1:Skill 2:Skill 3:Skill 4: | Practice 30 min:Play a game:Juggle: | Practice 30 min:Skill 1:Skill 2:Skill 3:Skill 4: | Practice 30 min:Juggle:Passing:Dribble:Shooting: | Play any game/ exercise 1 hour:Watch soccer 30 min: | Practice 30 min:Skill 1:Skill 2:Skill 3:Skill 4: |
| Weekly Challenge: Research and write a short report about a professional soccer player |
| Practice 30 min:Juggle:Passing:Dribble:Shooting: | Practice 30 min:Skill 1:Skill 2:Skill 3:Skill 4: | Practice 30 min:Play a game:Juggle: | Practice 30 min:Skill 1:Skill 2:Skill 3:Skill 4: | Practice 30 min:Juggle:Passing:Dribble:Shooting: | Play any game/ exercise 1 hour:Watch soccer 30 min: | Practice 30 min:Skill 1:Skill 2:Skill 3:Skill 4: |
| Weekly Challenge: See how far you can run (1 mile, 3 miles, 5 miles!?) |
| Practice 30 min:Juggle:Passing:Dribble:Shooting: | Practice 30 min:Skill 1:Skill 2:Skill 3:Skill 4: | Practice 30 min:Play a game:Juggle: | Practice 30 min:Skill 1:Skill 2:Skill 3:Skill 4: | Practice 30 min:Juggle:Passing:Dribble:Shooting: | Play any game/ exercise 1 hour:Watch soccer 30 min: | Practice 30 min:Skill 1:Skill 2:Skill 3:Skill 4: |
| Weekly Challenge: Read 30 minutes at least 5 days |
| Practice 30 min:Juggle:Passing:Dribble:Shooting: | Practice 30 min:Skill 1:Skill 2:Skill 3:Skill 4: | Practice 30 min:Play a game:Juggle: | Practice 30 min:Skill 1:Skill 2:Skill 3:Skill 4: | Practice 30 min:Juggle:Passing:Dribble:Shooting: | Play any game/ exercise 1 hour:Watch soccer 30 min: | Practice 30 min:Skill 1:Skill 2:Skill 3:Skill 4: |
| Weekly Challenge: Help someone else every day, it can be a small thing or big way of helping! |