During this break, we want you to continue to improve your soccer skills. Take on our TSA Skill Builders Challenge and get your name in the drawing. You don’t want to miss out on practicing & winning some awesome prizes!

Print this calendar and complete the 15 day (3 week) challenge.

Have your parent sign every day you complete the assigned skills.

### Skill Builders Mission

1. Train until you’re proud!
2. Break a sweat.
3. Enjoy life with a ball at your feet.

### TSA Promise

Together - Investing time in ourselves this break we can achieve much more this season.

### Raffle Prizes

- Four winners will receive a soccer jersey.
- Two winners will receive a private session.
- Pro-status recognition on our social media.
**WEEK 1 (12/21-12/25)**

|       | Ball Mastery (4 sets of 25) | Ball Mastery (4 sets of 25) | Physical Challenge (4 sets of 20 reps) | 10 minutes Juggling/Free Play | Pro-Status (OPTIONAL) Completed = one extra ticket.
|-------|-----------------------------|-----------------------------|----------------------------------------|-----------------------------|-----------------------------------------------------
| **Mon** 12/21 | Outside Cruyff | Hop Pivot | Up-Down Spider Lunge | Tip: Juggle a smaller ball or sock for 3 min first. Tennis ball? Rolled up paper-ball? Mini Ball? | (12 min total) Interval training - Run at a high pace for 40 seconds, low pace for 20 seconds.
| **Tue** 12/22 | 1, 2, 3, Roll | Push Pivot | Crab Walk Variation | Tip: Juggle with one foot and catch the ball. Stick with one foot until you feel in control and the ball is close. | 1 Min 20 Sec High knees non-stop. (2 sets)
| **Wed** 12/23 | Sole Outside | Rollover Chop | Side Plank | Tip: Keep the ball below head height and in control. Remember juggling can happen with other parts of your body. | 1 Mile - Run comfortable pace (45-50%) / time / log your experience.
| **Thur** 12/24 | Toe Flicks | Double Pivot | Crab Stance Leg Extensions | Tip: Switching feet is helpful. Play one touch-one bounce and work your way to two touch - one bounce to practice. | 1 Min 20 Sec burpees non-stop. (2 sets)
| **Fri** 12/25 | Pull-Double-Sole V | Stomper Sole V | One Leg Ball Raises | Tip: Be patient with your success. Juggling can get frustrating but don’t give up. You can do this. | 1 Mile - Run (65-70%) / time / log your experience.

Max tickets you can earn for these 5 days: 3  (1-for completing all 5 days, 1-for completing all 5 pro status exercises, 1-for training on the 25th)