



Villarreal Nebraska Academy

NAME _____

Team _____

Week 6: Dates Completed _____

My Goal for the Week: _____

My Goal for the Season: _____

Circle Number Completed: Challenge Yourself Monday: Games

Chess Games 1 2 3

Checkers 1 2 3

Tuesday: Game Ready Explosiveness

25 Yd Backpedal Sprints 10 15 20

25 Yd Sprints 10 15 20

Wednesday: Skills and Footwork

Toe Taps 100 200 300 400

Scissors Right 25 50 75 100

Scissors Left 25 50 75 100

V-Move Right 25 50 75 100

V-Move Left 25 50 75 100

GK: Toss & Catch 25 50 100 200

GK: Bounce & Catch 50 100 200

Thursday: Juggling

Juggles 100 200 300 400

Friday: Passing

Wall Passes Right 150 300 450 600

Wall Passes Left 150 300 450 600

Saturday: Physical Training Station

Squats 25 50 100

Leg Lifts 25 50 100

Sit-up 25 50 100

Push Ups 25 50 100

Mountain Climbers 25 50 100

Sunday: Speed/Agility Set up your Own Course

Rotations 3 6 9 12 15

What is your Favorite Position? _____

What is a Position you'd like to be better at?

What is your Favorite Move? _____

What Move would you like to be better at?
_____What is a word we use in Soccer you actually don't
know what it means? _____What is your Favorite Subject in School? Not Lunch
or Recess or P.E. _____

Who has been your favorite Teacher? _____

What has been your favorite Age (so far)? _____

Do you have a Pet? What? _____

What is something you'd like to do this summer?

What is your favorite movie? _____

What is your favorite color? _____