



# Villarreal Nebraska Academy

NAME \_\_\_\_\_ Team \_\_\_\_\_

My Goal for the Week: \_\_\_\_\_

Week 8: Dates Completed \_\_\_\_\_

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-ups 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

Which sauce best describes your personality?

\_\_\_\_\_

How do you feel about Zoos? \_\_\_\_\_

If you had a soundtrack of your life who would sing it and what would the album be called?

\_\_\_\_\_

What are you going to name your next pet? And what will it be? \_\_\_\_\_

What is your favorite Fast Food Place ? \_\_\_\_\_

If you could be any animal in the world what would you be? \_\_\_\_\_

What are you currently watching on TV, binge watching?

\_\_\_\_\_

What's the craziest thing you've ever done?

\_\_\_\_\_

What's your secret talent? \_\_\_\_\_

If you were a crayon which color would you be?

\_\_\_\_\_

What is your favorite family tradition? \_\_\_\_\_