



DEC/JAN 2020/2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
20	21 Week 1 Day 1	22 Day 2	23 Day 3	24 Day 4	25 Day 5 Happy Holidays! Extra ticket for training today!	26
27 WEEK 2 Skills sent out via email	28 Day 6	29 Day 7	30 Day 8	31 Day 9	JAN 1 Day 10 HAPPY NEW YEAR! Extra ticket for training today!	2
3 WEEK 3 Skills sent out via email	4 Day 11	5 Day 12	6 Day 13	7 Day 14	8 Day 15	9
10 WEEK 4 Skills sent out via email	11 Day 16	12 Day 17	13 Day 18	14 Day 19	15 Day 20	16
17	18 FIRST DAY BACK AT TRAINING! TURN IN CALENDAR!	19 →	20 →	21 →	22 RAFFLE DRAWING 7:00 PM ZOOM	23

**SKILL BUILDERS**

NAME

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 20 day (4 week) challenge.

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

Skill Builders Mission

1. Train until your proud
2. Break a sweat
3. Enjoy life with a ball in 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.



## SKILL BUILDERS

The exercises are split up into 2 types (Ball Mastery & Physical)
















**Ball Mastery Exercises:**  
4 sets of 20 repetitions  
80 reps total per exercise

**Physical Challenges:**  
2 sets of 20 repetitions  
40 reps total per exercise

If an exercise is demonstrated with one foot/leg/side, do half of sets with RIGHT & other half with LEFT

Feel free to take a video and share your progress with your coach. We want to see how everyone is doing and be able to provide constructive feedback.

### WEEK 1 (12/21-12/25)

	Ball Mastery (4 sets of 20 reps)	Ball Mastery (4 sets of 20 reps)	Physical Challenge (2 sets of 20 reps)	10 minutes Juggling/Free Play	Pro-Status (OPTIONAL) Complete = one extra ticket.
<b>Mon</b> 12/21	<b>Outside Cruyff</b> 	<b>Hop Pivot</b> 	<b>Up-Down Spider Lunge</b> 	<b>Tip: Juggle a smaller ball or sock for 3 min first. Tennis ball? Rolled up paper-ball? Mini Ball?</b>	<b>Do an extra set of 20 repetitions for each exercise listed for today!</b>
<b>Tue</b> 12/22	<b>Roll Stop</b> 	<b>Toe Taps</b> 	<b>Crab Walk Variation</b> 	<b>Tip: Juggle with one foot and catch the ball. Stick with one foot until you feel in control and the ball is close.</b>	<b>Watch a highlight video of your favorite soccer player!</b>
<b>Wed</b> 12/23	<b>Sole Outside</b> 	<b>Pull Push</b> 	<b>Side Plank</b> 	<b>Tip: Keep the ball below head height and in control. Remember juggling can happen with other parts of your body.</b>	<b>Create your own skill, name it, and practice it!</b>
<b>Thur</b> 12/24	<b>Toe Flicks</b> 	<b>Outside Cuts</b> 	<b>Crab Leg Extensions</b> 	<b>Tip: Switching feet is helpful. Play one touch-one bounce and work your way to two touch - one bounce to practice.</b>	<b>Watch game highlights of your favorite soccer team!</b>
<b>Fri</b> 12/25	<b>Double Scissors</b> 	<b>360</b> 	<b>One Leg Ball Raises</b> 	<b>Tip: Be patient with your success. Juggling can get frustrating but don't give up. You can do this.</b>	<b>Teach a family member how to do your favorite skill! Who can do it better?</b>

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)