



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	11 FIRST DAY BACK AT TRAINING! TURN IN CALENDAR!	12 →	13 →	14 →	15 RAFFLE DRAWING 7:00 PM ZOOM	16

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 15 day (3 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 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.



SKILL BUILDERS

The exercises are split up into 2 categories (Ball Mastery/Physical)
















Ball Mastery Exercises:
4 sets of 25 repetitions
100 reps total per exercise

Physical Challenges:
4 sets of 20 repetitions
80 reps total per exercise

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