U11 AT-HOME SOCCER CHALLENGE

MY 6-WEEK PRACTICE TRACKER

15 minutes | 3 days each week | 18 practices total

PLAYER: _____ **START DATE:** _____

WEEK 1

BALL MASTERY

Weekly goal: Complete 50 toe taps.

PRACTICES: ☐ Day 1 ☐ Day 2 ☐ Day 3

WEEK 2

DRIBBLING & CLOSE CONTROL

Weekly goal: Dribble through 5 cones and back cleanly.

PRACTICES: ☐ Day 1 ☐ Day 2 ☐ Day 3

WEEK 3

FIRST TOUCH & PASSING

Weekly goal: Make 20 accurate wall passes using both feet.

PRACTICES: ☐ Day 1 ☐ Day 2 ☐ Day 3

WEEK 4

TURNS & CHANGING DIRECTION

Weekly goal: Show 3 different turns using both feet.

PRACTICES: ☐ Day 1 ☐ Day 2 ☐ Day 3

WEEK 5

1v1 SKILLS & MOVES

Weekly goal: Master one move you can use in a game.

PRACTICES: ☐ Day 1 ☐ Day 2 ☐ Day 3

WEEK 6

PUTTING IT ALL TOGETHER

Weekly goal: Create a 30-second routine with 4+ skills.

PRACTICES: ☐ Day 1 ☐ Day 2 ☐ Day 3

MY TOTAL PRACTICES: ☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐

Check off each 15-minute practice. Every practice counts - progress over perfection!

18 PRACTICES = CHALLENGE COMPLETE!