

Players will record their scores after each activity with the help from a parent, sibling, or on their own. Each activity is timed for 20 seconds and the score is recorded.

Toe Taps and Tick Tocks – One point for each touch of the ball on their foot.

Dribbling - One point for reaching each end.

Juggling is HIGH SCORE

After each one is recorded take an additional 10-15 minutes and play some soccer tennis, soccer golf, 1 vs 1, etc... in the backyard, driveway, basement, etc..

TESC will post examples of these activities at www.elmhurstsoccer.com (Players Zone) and via the APP.

U8 – U10 Players OPTIONS (Beginner – Intermediate activities)

	Day 1	Day 2	Day 3	Day 4	Day 5
Toe Taps					
Trial 1					
Trial 2					
Trial 3					
Side to Side (tick tocks)					
Trial 1					
Trial 2					
Trial 3					
Figure 8 Dribbling (around cones 10 yards apart)					
Trial 1					
Trial 2					
Trial 3					
Line to Line Dribbling (change of direction 10 yards)					
Trial 1 (pull back)					
Trial 2 (inside Cut)					
Trial 3 (pull back)					
Juggling – Feet Only					
Juggling - Thighs only					
Any body parts					