



EVEREST SOCCER CLUB SELF TRAINING PROGRAM

PHASE #1

Exercise	Score #1	Score #2	Score #3	Score #4	Score #5	Score #6	Score #7	Score #8	Score #9	Score #10	Score #11	Score #12	Score #13	Score #14	Score #14	Parents Initials
Toe Taps																
Toe Taps Forward and Back																
Toe Taps Around The Ball																
Foundations																
Foundations Forward and Back																
Foundations In A Circle																
Juggling Inside 1x Catch																
Juggling Laces 2x Catch																
Juggling Laces with Hop																
Dribbling Inside Outside On Line																
Dribbling Change of Pace Weave																
Dribbling Change of Pace Figure 8																
BONUS																
Pickup #1																
Pickup #2																
Pickup #3																

PLAYERS NAME _____

TEAM (AGE GROUP) _____

PARENTS SIGNATURE _____

EMAIL _____

Scoring Instructions: count how many of each you can do in 20 seconds correctly. Don't sacrifice quality of the technique for speed. Video yourself and post on the Everest Facebook.