



Weekly Practice Extension Activity

Week 8

Players Name: _____

Age Group _____

Coach: _____

Core Skill	<i>Foot speed/control</i>			
Movement	<i>Inside-outside</i>			
Challenge	<i>How many times can you touch the ball in 30 seconds?</i>			
Coaching points	<i>Begin with your right foot, touch (move) the ball side to side using the inside, then outside of your right foot. After ten touches, switch feet. Complete ten more touches (inside-outside-inside-outside....) with your left foot, then switch the ball to the other foot and repeat. Move your foot as quickly as you can and make sure the ball is moving!</i>			
Target 1	Target 2	Target 3	Target 4	Target 5
10	20	40	70	100

Attempt	Score	Parent Signature
1		
2		
3		
4		
5		
6		
7		To be completed by TE coach

Hand the complete report card to your coach at the start of each week in order to build your player profile.