



S M T W T F S

TRAINING TRACKER

NAME

MONTH

THE CHALLENGE

Your goal should be to train 4 days a week for 30 - 60 minutes. Training sessions should include some or all the following:

- Dribbling
- Juggling
- Ball Skills
- Passing
- Shooting
- Conditioning
- Turns

Mark each date with each training activity and the duration of each.

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