

TULARE FORCE FC HOMEWORK PROGRAM

WINTER FOCUS: FOOTWORK

Hard work beats talent when talent doesn't work hard!

The more time you touch the ball, the better you will become. To encourage players to work out on their own, players can take part in our homework program. Soccer is all about having fun. It's our job to make sure we stay consistent and help our players find the balance between having a good time, personal growth, and development of solid work ethic.

Instructional Videos for each activity:

- [Toe taps/toe touches](#)
- [Roll outs](#)
- [Inside-inside/bells](#)
- [Triangles](#)
- [Push-pulls](#)
- [Tick tocks](#)
- [Juggling](#)



PLAYER NAME: _____										
Toe Taps/toe touches	Goal Reps	MON	WED	FRI	MON	WED	FRI	MON	WED	FRI
Basic Toe Tap	50									
Roundabouts	50									
Toe Rolls	50									
Brazilian Toe Taps	20									
Roll outs										
Right Foot	25									
Left Foot	25									
Inside-inside/bells										
Bells	100									
Triangles										
Right Foot Lead	25									
Left Foot Lead	25									
Push-Pulls										
Right Foot	100									
Left Foot	100									
Tick Tocks										
5 then go	15									
10 then go	15									
Juggling										
Right Foot	50									
Left Foot	50									
TOTAL REPS	700									

Parent Signature: _____ Date: _____

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ON-GOING: JUGGLING CHALLENGE

Not all good jugglers are good soccer players, but ALL good soccer players are good jugglers!

Learning how to juggle a soccer ball is an important skill for developing touch on the ball, control, balance, and focus.

To encourage our players to work on their juggling skills, our **Juggling Challenge** program awards players for achieving higher juggle counts by giving them badges that they can proudly display on their soccer bags, backpacks, or anywhere else they want to show off their achievements.

In order to earn a badge, players must request a time to be tested in person by either their Coach, the Director of Coaching, or a Board Member. They can start the ball however they want. The ball can't touch the ground at any point in time or they must start over.

Upon completing a challenge tier (10, 20, 50, 75, 100), the player will be awarded a badge.

Badges will be given out once the player's achievement has been reported and cannot be replaced.

