

CHICAGO CITY SOCCER CLUB

HOMework PACKAGE



1 Minute per skill x 3 times a day OR MORE!

Challenge your peers, challenge your parents & challenge yourself!

Week 1	Skill	Attempt 1 Score	Attempt 2 Score	Attempt 3 Score
Monday	The Shimmy			
Tuesday	The Shimmy			
Wednesday	The Rollover Stop			
Thursday	The Rollover Stop			
Friday	Rest			
Saturday	Choice			
Sunday	Rest			

Week 2	Skill	Attempt 1 Score	Attempt 2 Score	Attempt 3 Score
Monday	The Squeeze Turn			
Tuesday	The Squeeze Turn			
Wednesday	V Pushes Role Inside			
Thursday	V Pushes Role Inside			
Friday	Rest			
Saturday	Choice			
Sunday	Rest			

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Week 3	Skill	Attempt 1 Score	Attempt 2 Score	Attempt 3 Score
Monday	V Pushes Drag			
Tuesday	V Pushes Drag			
Wednesday	The Double Drag			
Thursday	The Double Drag			
Friday	Rest			
Saturday	Choice			
Sunday	Rest			

Week 4	Skill	Attempt 1 Score	Attempt 2 Score	Attempt 3 Score
Monday	The Rollover Step Over			
Tuesday	The Rollover Step Over			
Wednesday	Step Over Turn			
Thursday	Step Over Turn			
Friday	Rest			
Saturday	Choice			
Sunday	Rest			