

Team Neon Green Spring Season Prep

Week Of	First exercise	Second exercise
Nov 13th	Daily dribble	1on1 5 skills
Nov 20th	20+20 strikes	Sprinting
Nov 27th	Daily dribble	Dribble 10 minutes non-stop
Dec 4th	Sprinting	20+20 strikes
Dec 11th	Daily dribble	1on1 5 skills
Dec 18th	Dribble 10 minutes non-stop	Sprinting
Dec 25th	20+20 strikes	Daily dribble
Jan 1st	Sprinting	1on1 5 skills
Jan 8th	*	Sprinting
Jan 15th	20+20 strikes	1on1 5 skills
Jan 22nd	Sprinting	Daily dribble
Jan 29th	Daily dribble	Bounce juggle 10 minutes
Feb 5th	20+20 strikes	1on1 5 skills
Feb 12th	Sprinting	Dribble 10 minutes non-stop
Feb 19th	1on1 5 skills	Daily dribble
Feb 26th	20+20 strikes	*
Mar 4th	Sprinting	1on1 5 skills
Mar 11th	Daily dribble	Sprinting
Mar 18th	20+20 strikes	Dribble 10 minutes non-stop
Mar 25th	*	Sprinting
Apr 1st	Bounce juggle 10 minutes	Daily dribble
Apr 8th	20+20 strikes	1on1 5 skills

* practice something YOU are struggling with (could be anything)
 For all exercises, videos, and tips see the web page gleb.dev/soccer