



Foot Skills Homework Sheet

XFC Soccer Academy

Skill	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Pull/Lock							
2 Pull/Push							
3 Cutting (Cuts) Right & Left foot							
4 Cut/Push (dribble cut)							
5 Pull w/sole toe touches (feather feet)							
6 Running w/ball (pigeon toed, head up)							
7 12,3,6,9,12 (Pull Turn) (R&L) (Clockwise then Counter-Clockwise)							
8 Foundations w/1 Roll (Switch to other foot)							
9 Triangles							
10 Ball Touches							
11 Double Ball Touches							
12 Heel to Toe							
13 Circles							
14 Balls-Rolls (In-Out-Front-Draw)							
15 Juggle (Feet)							
16 Juggle (Thighs)							
17 Juggle (All Parts)							

On the foot skills 1-14 you work for 30 seconds and record your score each day. Have a few practice runs before timing yourself. Make sure you do all the exercises on the balls of your feet and with speed.

For Juggling exercises, (15-17) you work on the skill for 5 minutes each day and record your best score.

When you get comfortable with a footskill, make sure you work your feet faster.