SOL Soccer Training Log

		Week 1			Week 2			Week 3			Week 4		
	Sample	Day 1	Day 2	Day 3	Day 1	Day 2	Day 3	Day 1	Day 2	Day 3	Day 1	Day 2	Day 3
Technical Activities	*Coerver #1 20 x*												
	Coerver #2 20 x												
	Coerver #4 20 x												
	Coerver #7 20 x												
	Wall #1 50 x												
	Wall #2 50 x												
	Wall #3 50 x												
	Wall #4 50 x												
Speed and Agility	*Agility #1 3x*												
	Agility #2 3x												
	Agility #3 5x												
	Speed #1 all 2 x												
	Speed #2 3x												
Strength	*Abs 1-8 30 sec. each*												
	Back 10-12 10x. each												
	Upper Body #1 10x												
	Upper Body #2 10x												
	Upper Body #3 10x												

SOL Soccer Training Log

		Week 5			Week 6			Week 7			Week 8		
	Sample	Day 1	Day 2	Day 3	Day 1	Day 2	Day 3	Day 1	Day 2	Day 3	Day 1	Day 2	Day 3
Technical Activities	*Coerver #1 20 x*												
	Coerver #2 20 x												
	Coerver #4 20 x												
	Coerver #7 20 x												
	Wall #1 50 x												
	Wall #2 50 x												
	Wall #3 50 x												
	Wall #4 50 x												
Speed and Agility	*Agility #1 3x*												
	Agility #2 3x												
	Agility #3 5x												
	Speed #1 all 2 x												
	Speed #2 3x												
Strength	*Abs 1-8 30 sec. each*												
	Back 10-12 10x. each												
	Upper Body #1 10x												
	Upper Body #2 10x												
	Upper Body #3 10x												

SOL Soccer Training Log

		Week 9			Week 10			Week 11			Week 12		
	Sample	Day 1	Day 2	Day 3	Day 1	Day 2	Day 3	Day 1	Day 2	Day 3	Day 1	Day 2	Day 3
Technical Activities	*Coerver #1 20 x*												
	Coerver #2 20 x												
	Coerver #4 20 x												
	Coerver #7 20 x												
	Wall #1 50 x												
	Wall #2 50 x												
	Wall #3 50 x												
	Wall #4 50 x												
Speed and Agility	*Agility #1 3x*												
	Agility #2 3x												
	Agility #3 5x												
	Speed #1 all 2 x												
	Speed #2 3x												
Strength	*Abs 1-8 30 sec. each*												
	Back 10-12 10x. each												
	Upper Body #1 10x												
	Upper Body #2 10x												
	Upper Body #3 10x												

SOL Soccer Training Log

		Week 13			Week 14			Week 15			Week 16		
	Sample	Day 1	Day 2	Day 3	Day 1	Day 2	Day 3	Day 1	Day 2	Day 3	Day 1	Day 2	Day 3
Technical Activities	*Coerver #1 20 x*												
	Coerver #2 20 x												
	Coerver #4 20 x												
	Coerver #7 20 x												
	Wall #1 50 x												
	Wall #2 50 x												
	Wall #3 50 x												
	Wall #4 50 x												
Speed and Agility	*Agility #1 3x*												
	Agility #2 3x												
	Agility #3 5x												
	Speed #1 all 2 x												
	Speed #2 3x												
Strength	*Abs 1-8 30 sec. each*												
	Back 10-12 10x. each												
	Upper Body #1 10x												
	Upper Body #2 10x												
	Upper Body #3 10x												