

King's Soccer Summer Workout Log 2011

- The following log should be completed on a weekly basis and turned into Nicole or Matt at the beginning of each summer practice. If you cannot make it for a practice then it should be emailed on Monday of each week to Matt m_sporn@hotmail.com.

Conditioning: *Please fill in the distance you ran and the time you took to do it. You will not have a conditioning entry every day so leave those days blank*

Ball Work: *Each of you should spend at least 15 minutes a day juggling, trapping, dribbling, shooting etc... please let us know the time you spent and what you worked on*

	Conditioning Workout (include distance ran if applicable and time)	Ball Work (include time spent and specific ball work done)
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		