



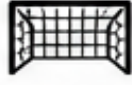
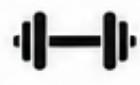
TRAINING PLANNER

PLAN. TRAIN. IMPROVE. REPEAT.

DATE: _____

FOCUS: _____

TRAINING FOCUS AREAS

						
BALL MASTERY	AGILITY & SPEED	PASSING & RECEIVING	FINISHING	VISION & AWARENESS	STRENGTH & CONDITIONING	OTHER

TRAINING PLAN

DRILL / ACTIVITY	DESCRIPTION	TIME	REPS / SETS	NOTES

TODAY'S GOALS

1. _____
2. _____
3. _____

KEY TAKEAWAY

SELF EVALUATION



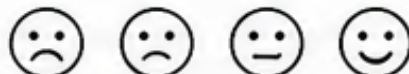
(1 = NEEDS WORK 5 = EXCELLENT)

HYDRATION



(TRACK YOUR WATER INTAKE)

HOW I FEEL



(CIRCLE ONE)

HARD WORK ON THE FIELD. SUCCESS IN THE GAME.

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