

Popular lore is full of stories about unknown athletes, writers, and artists who become famous overnight, seemingly because of innate talent—they're “naturals,” people say. However, when examining the developmental histories of experts, we unfailingly discover that they spent a lot of time in training and preparation.



"The vision of a champion is bent over, drenched in sweat, at the point of exhaustion, when nobody else is looking." - Mia Hamm

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
FRIDAY	SATURDAY	SUNDAY	HAVE YOU?
			<p>Took time this week to juggle every day?</p> <p>Soccer juggling is the best exercise to develop touch with the soccer ball. When juggling, learning to control the body is very important. Being able to make quick, bodily adjustments with all muscles is developed through juggling.</p>

Additional Activities for the week that improved your soccer ability: