



Through this journal you will keep a log of all of the soccer related activities you have done to improve your physical and technical abilities. To become an elite soccer player you **MUST** train outside of your structured soccer environment at LA Premier FC, and work on your skills in your own time.

Use this journal as a motivational tool to do more, work more, and sacrifice more for the benefit of yourself and your teammates!

"I am building a fire, and every day I train, I add more fuel. At just the right moment, I light the match."- Mia Hamm

MONTH: \_\_\_\_\_

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
FRIDAY	SATURDAY	SUNDAY	HAVE YOU?
			<p><b>Watched a Soccer Game on TV this week?</b></p> <p>Watch and replicate. Dream about performing that skill or move your favorite player just performed. Role Models help you imagine where your hard work can take you. Use it as motivation to work on your game. Aspire to be the best you can be.</p>

**Additional Activities for the week that improved your soccer ability:**