1000 MINUTES TO BETTER SOCCER

DIRECTIONS/RULES

1. The goal of 1000 minutes is to improve ***INDIVIDUAL SKILLS***. Practice anywhere--in your yard or in your room, by yourself or with a friend.
2. Practice may include any ball handling skills. Emphasis should be placed on basic soccer movements.
3. Team practice, game, or tournament time ***may not be included***!! This includes ***any*** AYSO team.
4. Power Skills clinics may be used toward 1000 minutes. Remember NO heading 12u and under.
5. Forms must be filled out completely, including your phone number, address, and signatures. **Totals must be complete and accurate.**
6. **Give this form to your child's coach.**

Player's Name____ Parent Signature:____

Parent Phone:____ Parent Email: ____

Total Time (all pages): ____________________________ Page:________ of ________

Date	Dribbling	Juggling/ Ball Skills	Passing	Trapping	Shooting	Goalkeeping	Other	Daily Total	Running Total	Parent Initials

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