



Dream  
BIG

# Champions Are Made In The Off-season

Let's do it better than Messi!  
Learn to use of both of your feet and  
gain a soccer superpower.

"Messi does not need his right foot,  
though. He only uses the left and he's  
still the best in the world! Imagine if  
he also used his right foot... Then we  
would have serious problems!"

-Zlatan Ibrahimovic

**LYS**  
**WINTER CHALLENGE**  
**2019-2020**

**End of Winter celebration at Hillside Community Center for every player that completes the following Winter Challenge!!!**

**Completed booklets are due by February 15, 2020.**

- 1) Fifteen Journal Entries:** Record at least 15 individual practice sessions in your journal. Each session must be at least 5 minutes long.
  
- 2) Juggle with only non-dominant foot:** Write down best number for each session
  
- 3) Dribbling with only non-dominant foot:** through line of at least 4 cones (or any other type of marker i.e. socks, matchbox cars etc.) using just your non-dominant foot. Make crisp turn at end of line and go back through. Or if dribbling towards a wall make a pass against the wall to yourself then receive, turn and dribble back through. How many total cones did you dribble through?
  
- 4) Rapid touches/passes** against wall (or with partner) using all parts of your non-dominant foot? How many touches/passes did you do?
  
- 5) Long distance power shots or passes:** with non-dominant foot. How many did you do?

***Note: Players must turn in their completed booklet to be eligible.***

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How long did you practice (minimum 5 minutes):

Best # of just non-dom foot juggles:

Total # of cones dribbled through with non-dom foot:

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# of non-dom foot power shots or long passes:

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

Mia Hamm