



QUALITY CONTROL INDIVIDUAL SKILLS PROGRAM

Accompanying instructional video can be found here: <https://youtu.be/Y9RwoAlbCAk>

ATHLETE: _____

WEEK # _____

DATES _____

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SELF - SERVE CONTROL							
INSTEP - 5 X each foot							
INSIDE 1/2 VOLLEY - 5 X each foot							
OUTSIDE 1/2 VOLLEY - 5 X each foot							
THIGH - 5 X each leg							
CHEST - 10 X total							
BALL TOUCHES							
TOP OF BALL - 1 min time limit							
SIDES OF BALL - 1 min time limit							
DRIBBLING MOVES							
STEP-OVER - 10 times							
DRAG-BACK - 10 times							
CUT/CHECK - 10 times							
INY/OUTY - 10 times							
FIGURE 8 - 10 times							
JUGGLING							
FEET ONLY - Best number							
THIGHS ONLY - Best number							
COMBINATION - Best number							
PARENT'S INITIALS							