

M.I.G. SOCCER

WWW.MIGsoccer.com

| Week of: | Sun. | Mon. | Tues. | Wed. | Thurs. | Fri. | Sat. |
|------------|------|------|-------|------|--------|------|------|
| Left Foot | | | | | | | |
| Right Foot | | | | | | | |
| Both Feet | | | | | | | |
| Headers | | | | | | | |
| Whole Body | | | | | | | |
| TOTAL | | | | | | | |

| Week of: | Sun. | Mon. | Tues. | Wed. | Thurs. | Fri. | Sat. |
|------------|------|------|-------|------|--------|------|------|
| Left Foot | | | | | | | |
| Right Foot | | | | | | | |
| Both Feet | | | | | | | |
| Headers | | | | | | | |
| Whole Body | | | | | | | |
| TOTAL | | | | | | | |

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| Both Feet | | | | | | | |
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| Whole Body | | | | | | | |
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| Whole Body | | | | | | | |
| TOTAL | | | | | | | |