

# MISSOULA STRIKERS

This program is meant to keep kids active and connected through soccer. All of these activities can be done in a small space. We hope your kids will enjoy having a fun soccer experience, even when we are apart!. Want to keep score? Submit scores along with coloring sheet(s) to Coach Joe. If you need any help please contact Coach Joe at [joseph.larson@missoulastrikers.com](mailto:joseph.larson@missoulastrikers.com)

New worksheets will be sent out weekly with a new list of activities and new coloring sheets!

	Point Values		
Activity	10	20	30
<b>Endurance:</b> Running, jumping jacks, jump rope, etc.	5 min	10 min	15 min
<b>Speed:</b> <a href="#">Dot Drill</a>	1 x 8 reps	2 x 8 reps	3 x 8 reps
<b>Agility:</b> <a href="#">Agility Race</a> - Time Yourself!	x 5 reps	x 8 reps	x 10 reps
<b>Strength:</b> <a href="#">Plank Shoulder Taps</a>	12	2 x 12	3 x 12
<b>Skill 1:</b> <a href="#">Dribble Obstacle Course</a> - Use anything as a cone, socks, water bottles, etc.	5+	10+	15+
<b>Skill 2:</b> <a href="#">Ball Mastery</a>	3+ min	5+ min	8+ min
<b>Skill 3:</b> Creative Coloring Activity - <a href="#">P1</a> & <a href="#">P2</a>	1 Page	2 Pages	
<b>Skill 4:</b> <a href="#">Juggle - Bounce - Juggle</a>	15	30	50
<b>Other:</b> Find the Difference: Spot 5 differences in this photo			Completed

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