

**SEACOAST UNITED MAINE
JNR ACADEMY LOG BOOK
2009/10**

NAME:

COACH:



Progression Routes

U5-U11

- Grassroots
- Jnr Academy

U12-U16

- Classic Teams
- Premier Teams

U16-U18

- Academy Teams
- College

• PRACTICE LOG

Throughout your time at the Academy you will be introduced to new topics to further your soccer education. Your coaches will show you a number of different tasks and techniques associated with that topic in your training sessions.

The practice log is your responsibility and something that should be brought to the training sessions. You will have time at the end of the sessions to practice any tasks that you have been given, use this time to ask the coaches for help with the tasks. It is up to the player to practice during any spare time they have leading up to the next topic.

Guidelines

- *Try hard to practice the skills to the best of your ability*
- *Don't cheat, it is important to see your overall progress, if you don't do as well as you would of liked keep on trying!!*
- *Gain your parents permission before you practice*

