

SOLON STRIKERS 551 CLUB

WHAT:

1. 500 minutes of footskills (*individually or in group setting*)
2. 50 miles* of running
3. ONE MISSION - Come together as a Club committed to success
(* see notes below under particulars, as younger Striker clubs will have modified requirements!)

WHEN:

To be completed between June 1 and August 1, just before the start of Striker summer boot camp!

WHY:

- To improve personal speed and endurance
- To enhance individual skills/touches with the ball **AND**
- To improve Club spirit and camaraderie!

THE PARTICULARS:

500 Minutes of Skills & Drills (may include any of the following)

- Participation at “optional” weekly Wednesday Striker summer practices
- Juggling, Top Touches or Side-to-Sides
- Dribbling (*around the yard, through cones, etc.*)
- Pass & Trap Drills with a Partner (*parents, siblings, friends, teammates, etc.*)
- 1 v 1, 3 v 3 or small-sided games (*w/teammates, community pick-up games, against family members, etc.*)
- Time at a summer soccer camp (can count for 200 minutes maximum)
- 15-minute interval minimum with
- 60-minute maximum credit per occurrence up to 3 times
- **AT LEAST 90-MINS. MUST BE WITNESSED BY ANY STRIKER COACH**

50 Miles (U14 & U13 teams)*

50 ¾-Miles (U12 & U11 teams)*

50 ½-Miles (U10 & U9 teams)*

- Run minimum of 1 segment increments (i.e. mile, ¾ or ½-mile), up to 5 miles maximum per run
- Can be completed anywhere –*neighborhood, Rec Center, SHS track, on vacation, etc.*
- **Every mile should be timed and recorded**
- **AT LEAST 10% OF MILES MUST BE WITNESSED BY ANY STRIKER COACH**

Weekly updates should be e-mailed to YOUR HEAD COACH every Sunday evening so progress can be tracked.

Each player that completes the 500/50/1 will be recognized before the 2008 Fall season with a special reward.