



AURORA ARSENAL SOCCER CLUB

PLAYER'S SELF-TRAINING

Training outside of organized practice and events is where the real players become great! AASC, BUSC, ODP, and other programs can give you the tools to be great, but unless you spend the necessary time with those tools, they are useless. Even just 15 minutes a day with a ball at your feet will do wonders for your technical ability.

This site will help you to begin self-training, but ultimately we would love to see each player come up with their own games and activities that they enjoy. In fact, we encourage players and coaches to email us with their "homemade" games and we will post them to the site for others to try as well. [Email me your ideas.](#)

- [1000 Touch Workout](#) - Great technical skills workout for kids to do to improve your touch on the ball.
- [Backyard Training Activities](#) - NYSW ODP came out with these sets of activities that are designed for individual and small groups to play on their own.
- [Fast Footwork](#) - A long list of fast footwork skills that all players need to get comfortable with the ball.
- [Reviving the Pickup Game](#) - A great article on the importance of playing 'pickup' soccer.