

Soccer Family Starter Kit

A practical starting point for one clearer week.

MAKE THE NEXT STEP CLEARER

A weekly planner, player-focus worksheet, match reflection, and a guide to consistent progress checks.

For soccer families, especially parents and players ages 11-15. Use the worksheets together when helpful. The player should have a voice in the plan.

This copy belongs to

HOW TO USE

Read the short guidance, choose the page you need, and reuse the worksheets. Print at actual size on US Letter paper or use a PDF annotation app. Pages are printable; they are not interactive forms.

General education and planning. No individualized training, medical advice, performance guarantee, or coaching access is included.

Your week at a glance

Start with existing commitments. Leave breathing room before deciding whether to add anything.

Day	Soccer / school / other	Recovery / free time
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

One change that would make this week easier

Choose one focus.

A useful focus describes an action the player can notice. Match outcomes depend on teammates, opposition, and many other factors.

ILLUSTRATIVE EXAMPLE

Observation: I was late to react when the ball changed direction. Focus: Notice the next cue earlier. Question for the coach: What should I look for in this situation?

What did the player notice?

One action to pay attention to

What question could we ask the coach?



After the match

Ask the player whether they want to talk now or later. A short conversation can be enough.

One moment I enjoyed or handled well

One moment I want to understand

One question or focus for next time

PARENT PROMPT

Ask “What did you notice?” Give the player room to answer before offering your own interpretation.

Compare like with like.

A result is easier to interpret when the setup stays consistent. Record the context before looking for improvement.

Keep consistent	What we used
Distance and start position	
Surface and footwear	
Timing method and timer	
Warm-up and recovery	
Recent practices / games	
Weather and conditions	

READ RESULTS CAREFULLY

Hand timing, wind, fatigue, different surfaces, and different starts can change a result. One faster attempt does not prove a lasting improvement. Avoid comparisons with numbers collected by a different method.

Read further.

These sources informed the general development and planning principles. They have not reviewed, certified, or endorsed ASP Athletics or this resource.

NSCA: Long-Term Athletic Development

[Open the source online](#)

NSCA: Introduction for Parents

[Open the source online](#)

AAP: Preventing Overuse Injuries

[Open the source online](#)

KEEP THE SCOPE CLEAR

Use a qualified coach for exercise selection, technique feedback, and progression. Age alone does not determine readiness. Pain, injury concerns, or unusual symptoms need appropriate professional assessment.

Accessed September 23, 2026. Worksheets, prompts, and examples are original ASP Athletics material. No exercise dose or fixed improvement target is prescribed.

Questions: @aspathletics on Instagram. Do not send children's personal or medical information.