

# Compact Solo Soccer Training Checklist

Solo Practice Tools to Build Power, Accuracy & Confidence

## Rebound Tools

- Dual-angle rebound net (ground + air returns)
- Hands-free kickback trainer with waistband
- Pop-up goal with accuracy targets

## Ball Mastery Add-ons

- Smart sensor ball (tracks touch and spin)
- Training cones or dribble ladder
- Solo passing strap or wall rebound

## Performance Support

- GPS tracker for movement and effort
- Data app to monitor drill consistency

## Training Tips

- Set up a rebound net and cones for 10-min daily drills
- Alternate weak foot and strong foot on passing straps
- Use smart ball data to correct spin or slow touches