

# Compact Checklist: Solo Soccer Training

Quick Buying Guide for Solo Tools to Build Accuracy, Power & Touch

## REBOUND TOOLS

### Must-Haves for Repetition & Realistic Ball Return

- Dual-angle rebound net (for both ground and aerial drills).
- Hands-free kick trainer with adjustable waistband strap.
- Pop-up target goal with corner scoring zones.
- Wall rebound area or garage panel (flat & stable).

## BALL MASTERY ADD-ONS

### Gear for Improving Touch, Dribble & Control

- Smart ball or tracker sensor for feedback on spin/touches.
- Training cones and dribble ladder for agility sessions.
- Solo passing strap for stationary ball return control.
- Chalk or tape targets to mark accuracy zones on surfaces.

## PERFORMANCE TRACKING TOOLS

### Add Feedback Loops for Improvement

- Wearable GPS or step tracker to monitor movement.
- Mobile app that logs drill time or streaks.
- Small whiteboard or notebook for setting weekly goals.
- Stopwatch or timer to rotate drills efficiently.

## QUICK TRAINING TIPS

### Simple Routines to Build Consistency

- Rotate between rebound net, strap, and cones in 3-min intervals.
- Use weak foot first for every session - then strong foot.
- Track how many error-free touches you can complete per set.
- Avoid long sessions - train 10-20 mins with full focus.

## WHY THIS CHECKLIST WORKS

### One-Pager for Consistent Solo Players

- Gives structure to backyard or park sessions.
- Pairs with free-form play for better habits and control.
- Works with any budget - most tools are under \$30.
- Perfect for daily micro-workouts or off-season drills.