PLEASANT HILL-MARTINEZ SOCCER ASSOCIATION

1000 MINUTES PROGRAM LOG

1. The goal of the 1000 Minutes Program is to help players improve their soccer skills.
2. Players can practice their skills anywhere at anytime. Players can do so by themselves or with a friend or sibling or even a parent. .
3. Players should log their time in this form.
4. Team training sessions (practices) or team games should not be included.
5. Time spent attending PHMSA Xplay Program or any PHMSA sponsored player clinics may be used toward 1000 Minutes Program.
6. Forms must be filled out completely and accurately.
7. **When the player reaches the 1000 Minutes, the complete Form should be given to the Player's Coach**
8. **Coaches: When you receive a properly completed form, please e-mail the player's name to your Division Director.**
9. **The Deadling to turn forms in to your coach, so that you can participate in our 1000 Minute Player Appreciation Event is October 27, 2008.**

Name _____ E-mail address _____

Address _____ Parent signature _____

City, State, Zip _____ Coach signature _____

Team _____ Total Time (all pages) _____

Date	Dribbling	Juggling/ Ball Skills	Passing	Controlling	Shooting	Goalkeeping	Other	Daily Total

Date	Dribbling	Juggling/ Ball Skills	Passing	Controlling	Shooting	Goalkeeping	Other	Daily Total