PBFC HOMEWORK SCORECARD

Learning a new skill, and tracking your practice time away from your regular sessions couldn't be easier. Simply follow the instructions below, and watch as you cross off your progress on the chart on the reverse of this sheet.

Keep this chart safe, and put it somewhere you can see it each day.
IDEAS: Put it on your bedroom wall or on your fridge. Share your progress with friends and family, as you work towards achieving your goals!

HOMEWORK INSTRUCTIONS

1) Use the Featured Play Lists below. If you are not sure what the move it, Look it up on Youtube or ask your coach.
2) Now you are ready to start practicing! It doesn't always have to be on a soccer field... Do you have a back-yard? Can you take a ball to school?
3) Each skill should be practiced in blocks of 50 repetitions. You always have the option to do more!
4) Cross off the numbers each time you have performed the skill 50 times. When you reach 500, congratulations, it's time to move on to a new skill!
5) The first 12 skills have been added for you, once completed start adding skills from the moves sheet on the PBFC website https://perdidobayfc.com/parents/

Skill Description	Attempts Achieved											Date
Tic Tocs		50	100	150	200	250	300	350	400	450	500	
Pull Push		50	100	150	200	250	300	350	400	450	500	
Toe Taps		50	100	150	200	250	300	350	400	450	500	
Inside Foot Cut R/L		50	100	150	200	250	300	350	400	450	500	
Outside Foot Cut R/L		50	100	150	200	250	300	350	400	450	500	
Scissor R/L		50	100	150	200	250	300	350	400	450	500	
Rollover R/L		50	100	150	200	250	300	350	400	450	500	
Side Step R/L		50	100	150	200	250	300	350	400	450	500	
Inside of Foot Passing R/L		50	100	150	200	250	300	350	400	450	500	
Top of Foot Control		50	100	150	200	250	300	350	400	450	500	
Bounce Juggles		50	100	150	200	250	300	350	400	450	500	
From Ground Juggles		50	100	150	200	250	300	350	400	450	500	