



PBFC HOMEWORK SCORECARD

- Learning a new skill, and tracking your practice time away from your regular sessions couldn't be easier.
- Just follow the simple 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. You might put it on your bedroom wall, or maybe even on your fridge. Share your progress with friends and family, as you work towards achieving your goals!

HOMEWORK INSTRUCTIONS

- 1) Select from the Featured Play Lists – Ball Mastery or Juggling. Add the skill description to your scorecard. If you are not sure of a move ask your coach or a director.
- 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 10 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
Controlling ball out of air – Inside left foot half volley control		50	100	150	200	250	300	350	400	450	500	
Controlling ball out of air – Inside right foot half volley control		50	100	150	200	250	300	350	400	450	500	
Controlling ball out of air – Bottom of foot half volley control		50	100	150	200	250	300	350	400	450	500	
Controlling ball out of air – Top of foot control		50	100	150	200	250	300	350	400	450	500	

