## **NEW YORK RED BULLS ACADEMY**

## 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.
- 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!

SKILL DESCRIPTION	ATTEMPTS ACHIEVED	DATE
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