



**SOCCER
STARTS
AT HOME®**



6 Week Challenge Scorecard

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Skill _____ Minutes _____ Name _____	Skill _____ Minutes _____ Name _____	Skill _____ Minutes _____ Name _____	Skill _____ Minutes _____ Name _____	Skill _____ Minutes _____ Name _____	Skill _____ Minutes _____ Name _____	Skill _____ Minutes _____ Name _____
Week 2	Skill _____ Minutes _____ Name _____	Skill _____ Minutes _____ Name _____	Skill _____ Minutes _____ Name _____	Skill _____ Minutes _____ Name _____	Skill _____ Minutes _____ Name _____	Skill _____ Minutes _____ Name _____	Skill _____ Minutes _____ Name _____
Week 3	Skill _____ Minutes _____ Name _____	Skill _____ Minutes _____ Name _____	Skill _____ Minutes _____ Name _____	Skill _____ Minutes _____ Name _____	Skill _____ Minutes _____ Name _____	Skill _____ Minutes _____ Name _____	Skill _____ Minutes _____ Name _____
Week 4	Skill _____ Minutes _____ Name _____	Skill _____ Minutes _____ Name _____	Skill _____ Minutes _____ Name _____	Skill _____ Minutes _____ Name _____	Skill _____ Minutes _____ Name _____	Skill _____ Minutes _____ Name _____	Skill _____ Minutes _____ Name _____
Week 5	Skill _____ Minutes _____ Name _____	Skill _____ Minutes _____ Name _____	Skill _____ Minutes _____ Name _____	Skill _____ Minutes _____ Name _____	Skill _____ Minutes _____ Name _____	Skill _____ Minutes _____ Name _____	Skill _____ Minutes _____ Name _____
Week 6	Skill _____ Minutes _____ Name _____	Skill _____ Minutes _____ Name _____	Skill _____ Minutes _____ Name _____	Skill _____ Minutes _____ Name _____	Skill _____ Minutes _____ Name _____	Skill _____ Minutes _____ Name _____	Skill _____ Minutes _____ Name _____
	Skill _____	Skill _____	Skill _____	Skill _____	Skill _____	Skill _____	Skill _____
	Total Minutes _____	Total Minutes _____	Total Minutes _____	Total Minutes _____	Total Minutes _____	Total Minutes _____	Total Minutes _____
Circles		V-Shape		Toe Taps		Sole Roll Tap Tap	
Slide		Rollover		Triangles		Sole Roll Stop	
Tic Tacs		Slide on the Move		Push-pull		Pullback Behind Ft	

Have fun practicing your skills 15-20 minutes each day!

Work on keeping the ball close rather than kicking it away!

Track your progress by filling in your scorecard!

Send in a 30-second video of your progress monthly to ssah@ncsoccer.org!