



# Red Bulls YOUTH PROGRAMS

# 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 scratch 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 First, choose your skill from the New York Red Bulls YouTube Channel – [www.youtube.com/NYRBTrainingPrograms](http://www.youtube.com/NYRBTrainingPrograms).
- 2 Select from the Featured Play Lists – Technical Skills, Ball Mastery, or Mental Skills. Add the skill description and # to your scorecard.
- 3 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?
- 4 Each technical skill should be practiced in blocks of 50 repetitions. You always have the option to do more!
- 5 Scratch 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!
- 6 For Mental Skills activities, each new skill needs practicing only 10 times before you're ready for a new one. Don't forget the techniques you've already mastered though – keep using them once you've moved on!
- 7 Finally, remember to keep track of your juggling record. Each time you add a new skill, and mark the new date, make a note of your personal best - watch it grow!

SKILL #	SKILL DESCRIPTION	ATTEMPTS ACHIEVED	DATE	JUGGLING
<input type="text"/>	<input type="text"/>	50 / 100 / 150 / 200 / 250 / 300 / 350 / 400 / 450 / 500	<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>	50 / 100 / 150 / 200 / 250 / 300 / 350 / 400 / 450 / 500	<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>	50 / 100 / 150 / 200 / 250 / 300 / 350 / 400 / 450 / 500	<input type="text"/>	<input type="text"/>
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<input type="text"/>	<input type="text"/>	50 / 100 / 150 / 200 / 250 / 300 / 350 / 400 / 450 / 500	<input type="text"/>	<input type="text"/>

SKILL #	MENTAL SKILL DESCRIPTION	ATTEMPTS ACHIEVED	DATE	JUGGLING
<input type="text"/>	<input type="text"/>	1 / 2 / 3 / 4 / 5 / 6 / 7 / 8 / 9 / 10	<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>	1 / 2 / 3 / 4 / 5 / 6 / 7 / 8 / 9 / 10	<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>	1 / 2 / 3 / 4 / 5 / 6 / 7 / 8 / 9 / 10	<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>	1 / 2 / 3 / 4 / 5 / 6 / 7 / 8 / 9 / 10	<input type="text"/>	<input type="text"/>