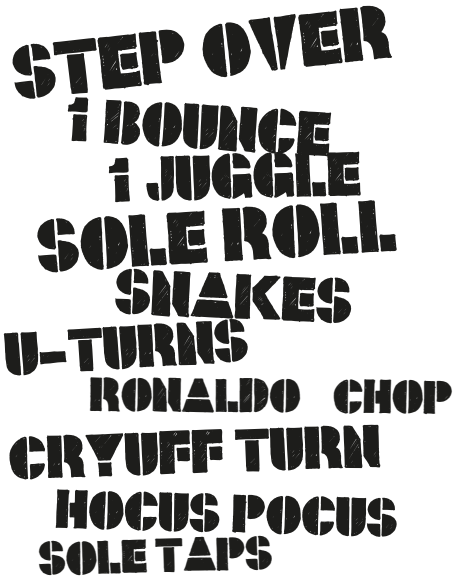
SKILLS SCORECARD

www.baddowspartak.co.uk/tekkers

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!

INSTRUCTIONS

1. Select a video from the tekkers web page. Add the skill name to your scorecard.
2. Now you are ready to start practicing! It doesn't always have to be on a football field. Do you have a garden? Can you take a ball to school?
3. Each skill should be practiced in blocks of 10 repetitions. You always have the option to do more!
4. Cross off the numbers each time you have performed the skill 10 times. When you reach 100, congratulations, it's time to move on to a new skill!



SKILL DESCRIPTION	ATTEMPTS ACHIEVED										DATE
	10	20	30	40	50	60	70	80	90	100	
	10	20	30	40	50	60	70	80	90	100	
	10	20	30	40	50	60	70	80	90	100	
	10	20	30	40	50	60	70	80	90	100	
	10	20	30	40	50	60	70	80	90	100	
	10	20	30	40	50	60	70	80	90	100	
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	10	20	30	40	50	60	70	80	90	100	
	10	20	30	40	50	60	70	80	90	100	