



**SKILLS  
ACADEMY**



**PERSONAL PERFORMANCE TRACKER**

	<i>Feb</i>	<i>Mar</i>	<i>Apr</i>	<i>May</i>	<i>HIGH</i>
<b>JUGGLING</b>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
<b>DRIBBLING</b>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
<b>PASSING</b>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
<b>SHOOTING</b>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

**PLATINUM**

100 'Master of Ball' Juggles, 1:10 Dribbling, 175 Dynamic Passing, 175 Dynamic Shooting

**GOLD**

75 'Master of Ball' Juggles, 1:15 Dribbling, 150 Dynamic Passing, 150 Dynamic Shooting

**SILVER**

50 Juggles, 1:20 Dribbling, 125 Passing, 125 Shooting

**BRONZE**

25 Juggles, 1:25 Dribbling, 100 Passing, 100 Shooting

**BEGINNER**

15 Juggles, 1:30 Dribbling, 75 Passing, 75 Shooting



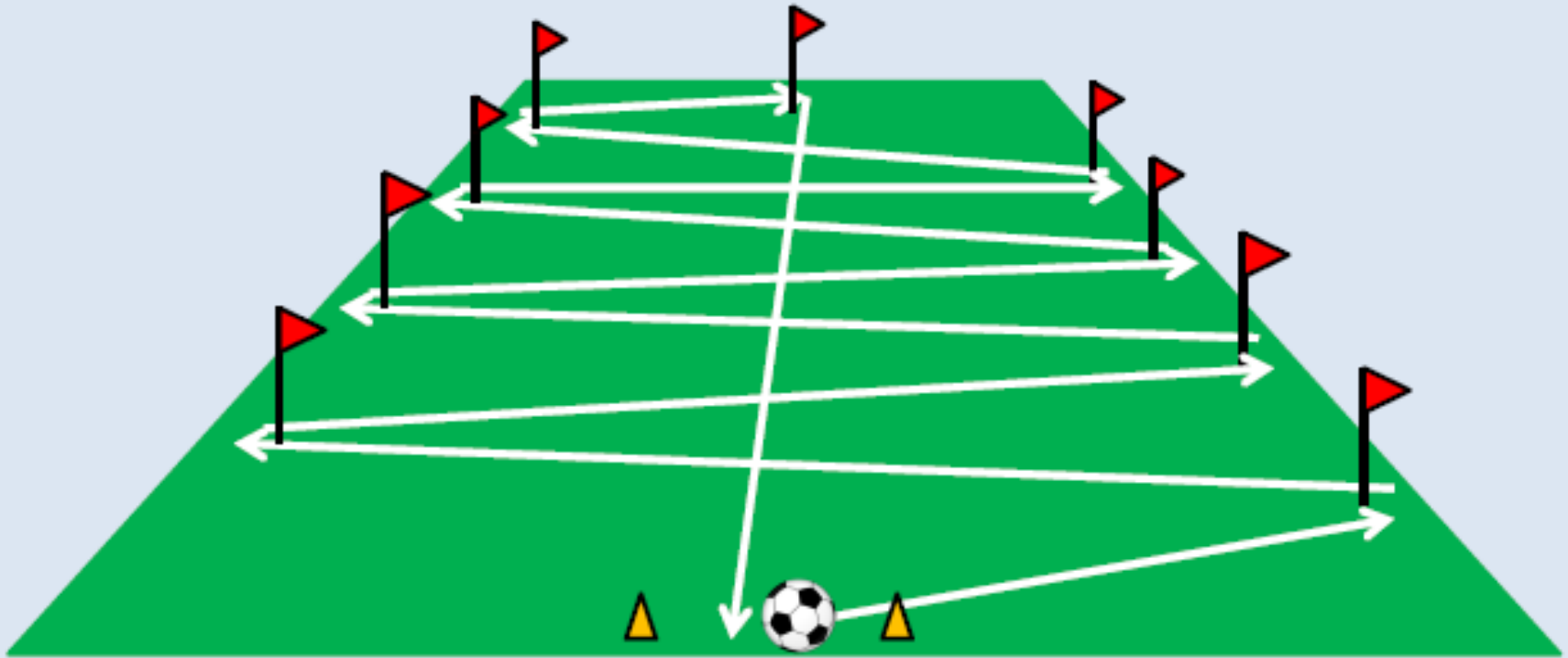
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# JUGGLING

**PURPOSE:** Establish ball control and awareness, to improve all other ball contact drills. Just getting started? The player may drop the ball on their knee to begin. Are you a Master of the Ball? The ball must start on the ground.

**GOALS:** Beginner (15 Juggles), Bronze (25 Juggles), Silver (50 Juggles), Gold (75 Master of Ball Juggles) and Platinum (100 Master of Ball Juggles).



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# DRIBBLING

**PURPOSE:** Build speed and ball control using a serpentine course concluding in a 55 yard sprint. Players should focus on explosive speed towards the flags, then tight ball control around the flag.

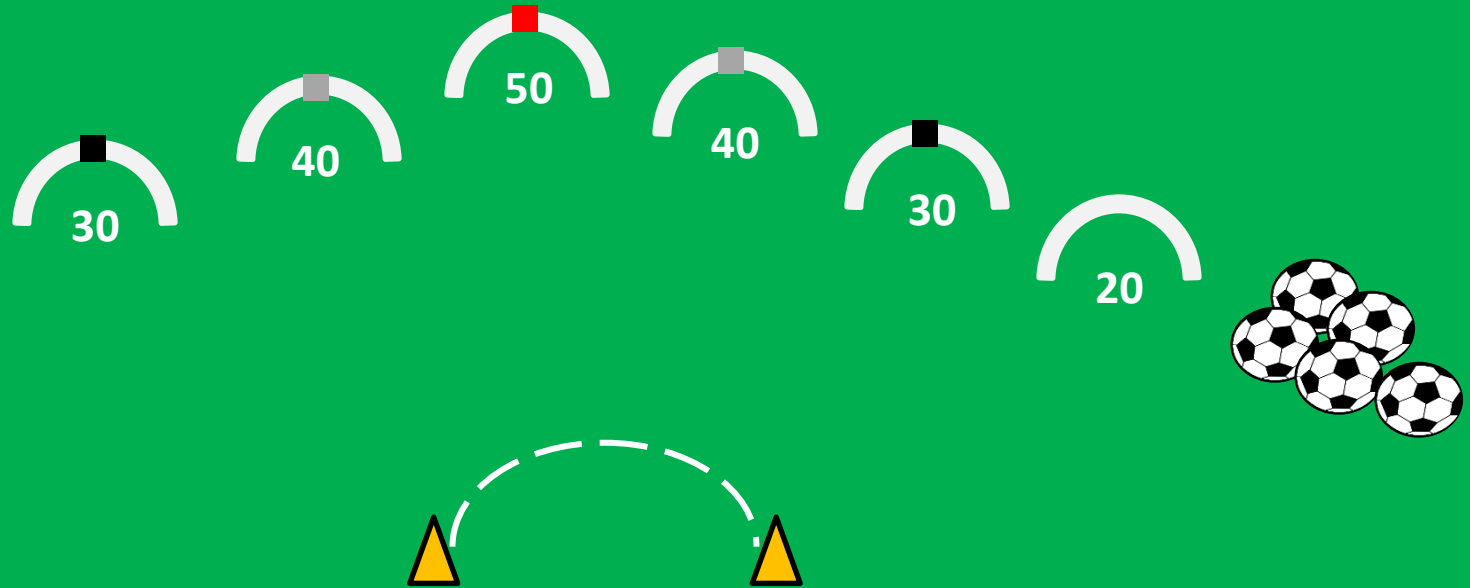
**GOALS:** Beginner (1:30), Bronze (1:25), Silver (1:20), Gold (1:15) and Platinum (1:10). If the ball contacts the flag or pole, a :05 penalty will be added to the final time.



# PASSING

PURPOSE: Build basic passing accuracy by identifying a target, then completing a firm, direct line with the ball. The ball may touch the pole, but it must completely cross the line.

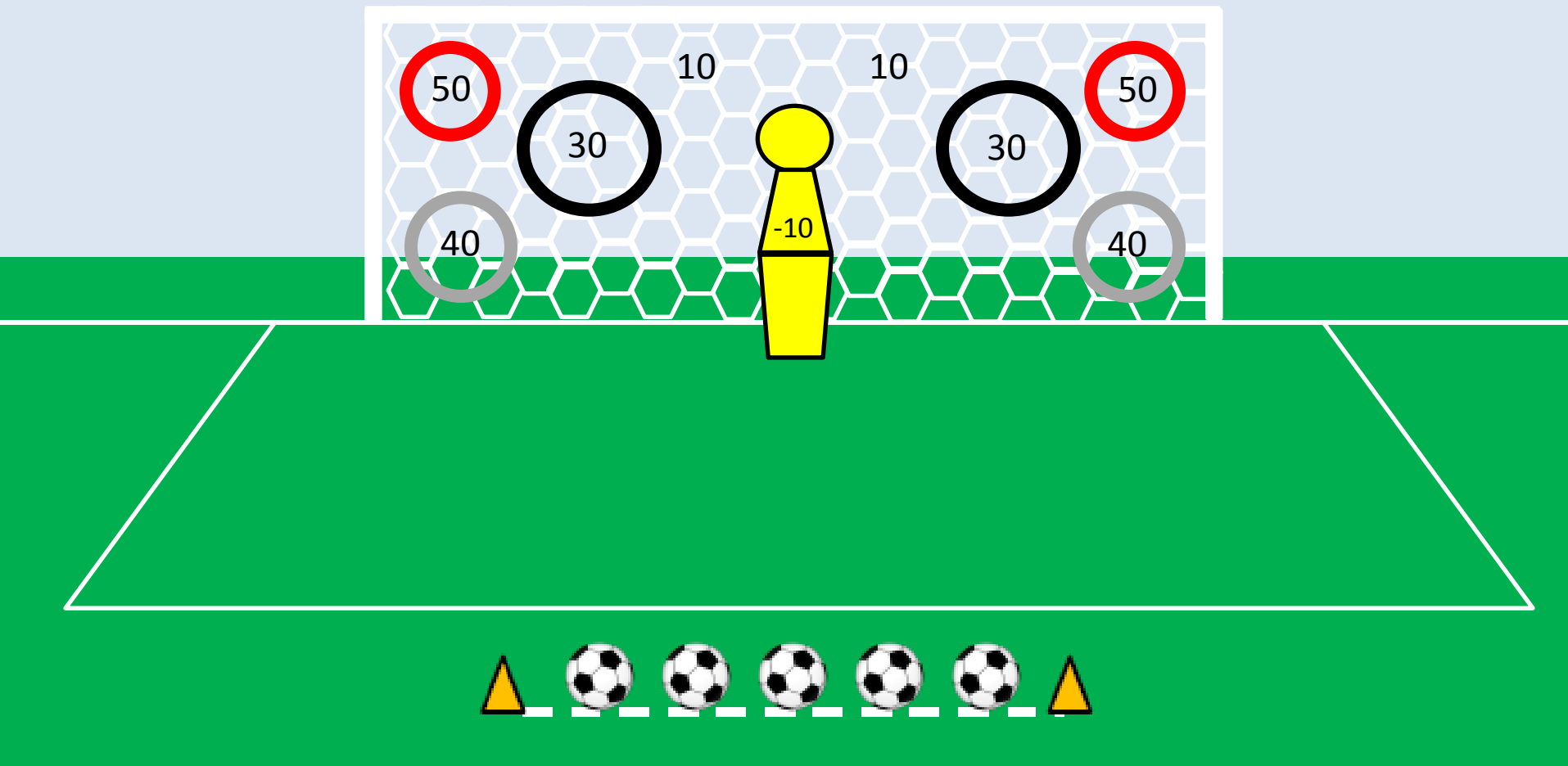
GOALS: Beginner (75), Bronze (100) and Silver (125).



# PASSING(D)

PURPOSE: Build dynamic passing accuracy by receiving a pass and immediately identifying a target, then completing a firm, direct line with the ball. The ball should pass through the gate, though if the ball strikes points will still be awarded.

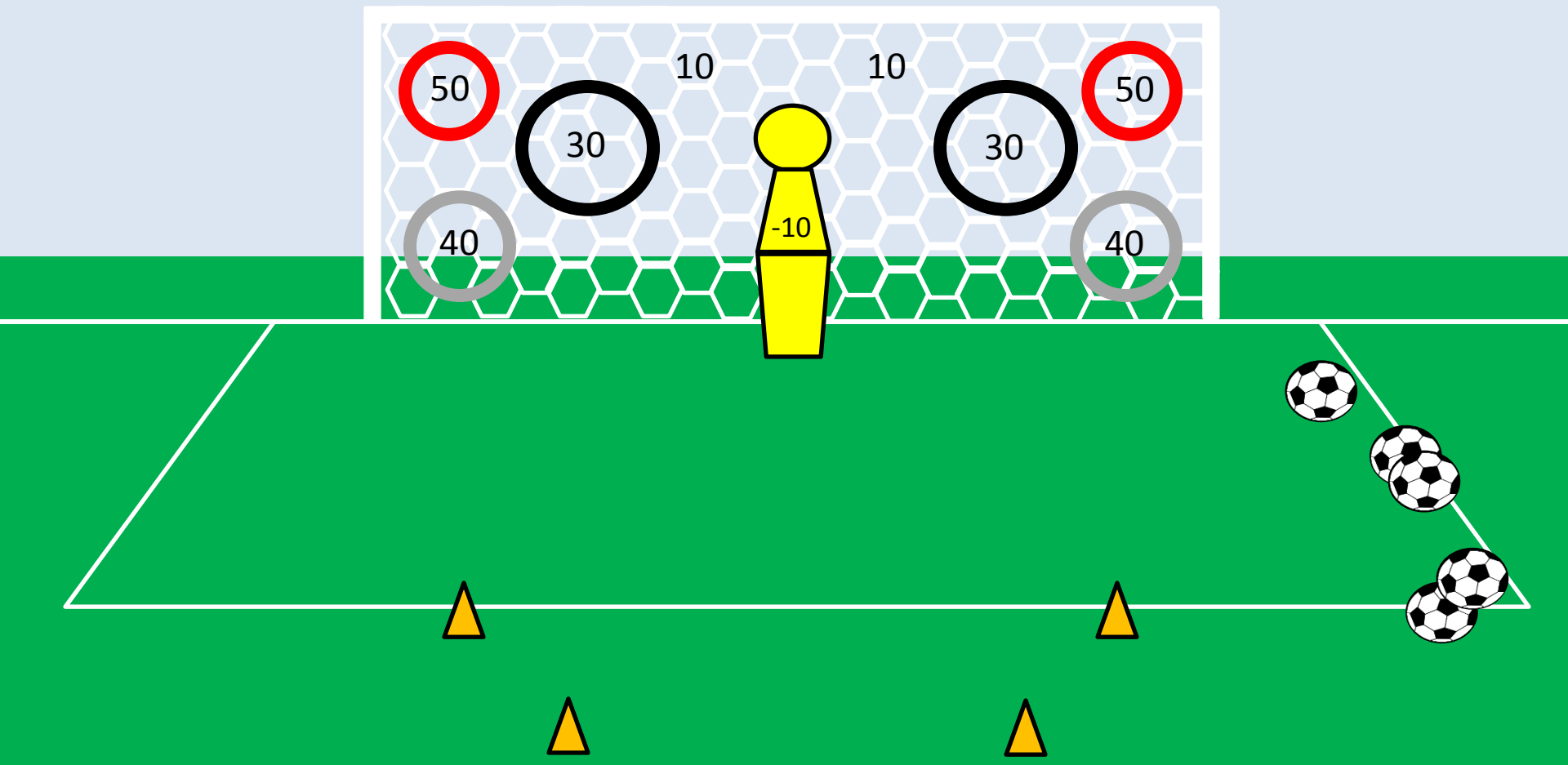
GOALS: Gold (150) and Platinum (200).



# SHOOTING

PURPOSE: Build shooting accuracy by identifying a ring target, then striking the ball. The ball should hit the net in the middle of the ring target, though points are awarded if you hit the ring. If you miss the ring, but still hit the rebounder, you earn 10 points. There is a 10 point penalty if you hit the goalie.

GOALS: Beginner (75), Bronze (100) and Silver (125).



# SKILLS ACADEMY SHOOTING(D)

PURPOSE: Build dynamic shooting accuracy by receiving a pass and immediately identifying a ring target, then striking the ball. The ball should hit the net in the middle of the ring target, though points are awarded if you hit the ring. If you miss the ring, but still hit the rebounder, you earn 10 points.

There is a 10 point penalty if you hit the goalie.

GOALS: Gold (150) and Platinum (200).