



ACADEMY



# SKILL BUILDERS

MONTH

NAME

SUN	MON	TUE	WED	THU	FRI	SAT

If you'd like to share your progress give us a shout out on our platforms:



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# ACADEMY

1

Watch the skill tutorial videos, practice the skills on your own for at least 30 minutes a day and get a parent or guardian to both initial and record the amount of time practiced on each day.

2

Your goal should be to practice at least 15 days out of the month!

3

Practice the most out of every player at your Catalyst campus and you will be eligible to be the Skill Builders Player of the Month!

## SKILL BUILDERS



### SKILLS OF THE MONTH

CRUYFF

RAKE

MATTHEWS

HALF ZICO

FULL ZICO

ALTERNATING PULLS

LACES PULL PUSHES

### CHALLENGE

IN ORDER TO COMPLETE ONE DAY OF SKILL BUILDER TRAINING, CAN YOU EXECUTE A TOTAL OF 50 TOUCHES FOR EACH SKILL? 25 RIGHT FOOT TOUCHES & 25 LEFT FOOT TOUCHES. THE GOAL IS TO COMPLETE AT LEAST 20 SKILL BUILDER TRAINING DAYS THIS MONTH!

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