



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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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

INSIDE CUT

OUTSIDE CUT

PULL BACK

SINGLE SCISSORS

DOUBLE SCISSORS

BODY FEINT

SOLE ROLLS

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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