



Tenacity Level 1: Micro Train at Home Scorecard

Use this scorecard to stay organized, track your training, and build consistency at home. Every rep is a step toward better habits and stronger skills.

How it works: Select 1 to 2 skills each day. Complete 50 reps at a time, check off each box, and move to a new skill after reaching 500 reps.

Player: _____

Birth Year: _____

Team: _____

Coach: _____

Start Date: _____ End Date: _____

Skills	50	100	150	200	250	300	350	400	450	500
Inside Cut	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Outside Cut	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Pull Back	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
U Turn	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Roll Over	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Official Verification of Completion

Parent/Guardian Signature: _____

Date: _____



Tenacity Level 2: Bantam Train at Home Scorecard

Use this scorecard to stay organized, track your training, and build consistency at home. Every rep is a step toward better habits and stronger skills.

How it works: Select 1 to 2 skills each day. Complete 50 reps at a time, check off each box, and move to a new skill after reaching 500 reps.

Player: _____

Birth Year: _____

Team: _____

Coach: _____

Start Date: _____ End Date: _____

Skills	50	100	150	200	250	300	350	400	450	500
Double Cut	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Scissor	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Step Over	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Hook Turn	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Official Verification of Completion

Parent/Guardian Signature: _____

Date: _____



Tenacity Level 3: Youth Train at Home Scorecard

Use this scorecard to stay organized, track your training, and build consistency at home. Every rep is a step toward better habits and stronger skills.

How it works: Select 1 to 2 skills each day. Complete 50 reps at a time, check off each box, and move to a new skill after reaching 500 reps.

Player: _____

Birth Year: _____

Team: _____

Coach: _____

Start Date: _____ End Date: _____

Skills	50	100	150	200	250	300	350	400	450	500
Pull Push	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
L Move	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
V Move	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
V Move Behind Leg	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Whip	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Official Verification of Completion

Parent/Guardian Signature: _____

Date: _____



Tenacity Level 4: Junior Train at Home Scorecard

Use this scorecard to stay organized, track your training, and build consistency at home. Every rep is a step toward better habits and stronger skills.

How it works: Select 1 to 2 skills each day. Complete 50 reps at a time, check off each box, and move to a new skill after reaching 500 reps.

Player: _____

Birth Year: _____

Team: _____

Coach: _____

Start Date: _____ End Date: _____

Skills	50	100	150	200	250	300	350	400	450	500
Drag Push	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Reverse Drag Push	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Chop	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Maradona (Roulette)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Official Verification of Completion

Parent/Guardian Signature: _____

Date: _____



Tenacity Level 5: Senior Train at Home Scorecard

Use this scorecard to stay organized, track your training, and build consistency at home. Every rep is a step toward better habits and stronger skills.

How it works: Select 1 to 2 skills each day. Complete 50 reps at a time, check off each box, and move to a new skill after reaching 500 reps.

Player: _____

Birth Year: _____

Team: _____

Coach: _____

Start Date: _____ End Date: _____

Skills	50	100	150	200	250	300	350	400	450	500
Twist Off	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Pull Spin	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Hocus Pocus	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Elastico	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Official Verification of Completion

Parent/Guardian Signature: _____

Date: _____



Tenacity: All Levels

Train at Home Scorecard

Start Date: _____

End Date: _____

Use this scorecard to stay organized, track your training, and build consistency at home. Every rep is a step toward better habits and stronger skills. **How it works:** Select 1 to 2 skills each day. Complete 50 reps at a time, check off each box, and move to a new skill after reaching 500 reps.

Skills		50	100	150	200	250	300	350	400	450	500
Micro	Inside Cut										
	Outside Cut										
	Pull Back										
	U Turn										
	Roll Over										
Bantam	Double Cut										
	Scissors										
	Step Over										
	Hook Turn										
Youth	Pull Push										
	L Move										
	V Move										
	V Move Behind Leg										
	Whip										
Junior	Drag Push										
	Reverse Drag Push										
	Chop										
	Maradona (Roulette)										
Senior	Twist Off										
	Pull Spin										
	Hocus Pocus										
	Elastico										

Player: _____

Birth Year: _____

Team: _____

Coach: _____

**Official Verification
of Completion**

Parent/Guardian Signature: _____

Date: _____