



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: _____