



# 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: \_\_\_\_\_