

SCORECARD

To keep players engaged whilst they are not participating in team training sessions, P2 Soccer have provided a fun and developmental home skills challenge series for players to stay sharp. All skills and exercises are demonstrated by our coaching staff for the players to copy at home, requiring very limited equipment! **Find videos on Youtube, Instagram and Facebook (@P2Soccer)**. We also encourage players to video themselves and post their top skill challenge scores on Instagram and/or Facebook and tag: **@P2Soccer** along with their club/organization. Let the games begin!

	ATTEMPT 1	ATTEMPT 2	ATTEMPT 3	ATTEMPT 4	ATTEMPT 5	IMPROVEMENT
CHALLENGE 1						
CHALLENGE 2						
CHALLENGE 3						
CHALLENGE 4						
CHALLENGE 5						
CHALLENGE 6						
CHALLENGE 7						
CHALLENGE 8						

CHALLENGES & HOW TO SCORE:

- #1 - Each challenge will be posted online, demonstrated by a P2 trainer
- #2 - Scoring for each challenge will be detailed in each challenge video
- #3 - Challenges will include a simple skill as well as a more advanced version (with criteria on who might try the advanced skill) to ensure each player is challenged
- #4 - Players are encouraged to practice the skill as many times as they would like before logging their highest score for the day as an official "attempt". Players have 5 opportunities to repeat each challenge during the program period.
- #5 - Once all 5 attempts have been logged, we encourage players to evaluate their progress from the start of the program to the end and logging that in the improvement column. $IMPROVEMENT = ATTEMPT 5 - ATTEMPT 1$
- #6 - Players/parents are encouraged to upload their videos to social media; we will choose a few to share each day.