

Team Evanston  **Players Development**
Weekly Practice Extension Activity

Week 1

Players Name: _____

Age Group _____

Coach: _____

Core Skill <i>Dribbling, Foundation</i>				
Type <i>Tap the ball between your feet.</i>				
Goal <i>How many times can you tap the ball between your feet in 30 seconds?</i>				
Coaching points <i>Bend your knees; upper body down; use the inside of feet; keep feet close to body.</i>				
Level 1	Level 2	Level 3	Level 4	Level 5
15	20	30	45	60

Attempt	Score	Parent Signature
1		
2		
3		
4		
5		
6		
7		To be completed by TE coach

Hand the complete report card to your coach at the start of each week in order to build your player profile.