

# S.A.C.C.'s Homework Scorecard

Record your workouts and track your success!



@saccwolves #WolvesRunTogether



Student Athletes will record at least 30 minutes of individual training per week. This could be any of the skills below or any skills involving Athletic Development Training.

Skill/Day	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Juggle							
Stationary Touches							
Dynamic touches							
Toss ups							
Get Ups							
Cone Dribbling							
Turns							
Messi Dribbling/ Messi Variations							
Wall Passing							



Day 8

Day 9

Day 10

Day 11

Day 12

Day 13

Day 14

Juggle

Stationary  
Touches

Dynamic touches

Toss ups

Get Ups

Cone Dribbling

Turns

Messi Dribbling/  
Messi Variations

Wall Passing

Agility Ladder

Volt Strengthening

Plyometric  
Training

Yoga

Squat Mobility  
Injury Prevention

