

Centennial Rush SC - Soccer Skill Practice Log

Name: _____



Practice Dates											Total	GOAL	Link to view move
Moves													
Roll Over												100	https://youtu.be/pjJBVjXhFRU
Pull Back												100	https://youtu.be/YpuAC0whCY4
In & Outside Cut												100	https://youtu.be/Gms0BBPdGiY
Body Feints												100	https://youtu.be/pssaLEEtU2g
Stop & Go												100	https://youtu.be/-W4CSIntI6E
Step Over turn												100	https://youtu.be/Z2XcxeCE-1M
Mathews												100	https://youtu.be/7UVm3kAFsDM
Pull back V Turn												100	https://youtu.be/uCz9FZu-GCw
Cryuff												100	https://youtu.be/sDkBmSN2ISk
Scissors												100	https://youtu.be/cME8ZKE983U
Juggling												10	10mins/day
Combos												50	

Parent Signature: _____