

ATHLETE NAME: _____

WEEK OF: _____

SKILL	REPS	#TIMES	HOLD / NOTES	MON	TUE	WED	THU	FRI	SAT	SUN
Needle Kicks	2	10 each leg	-	☐	☐	☐	☐	☐	☐	☐
5 Inch Worm	2	10	-	☐	☐	☐	☐	☐	☐	☐
Supermans Bent Arms	2	20	-	☐	☐	☐	☐	☐	☐	☐
High V 90° Leg Lift	1	10 each leg	3,5,10 sec hold	☐	☐	☐	☐	☐	☐	☐
High V Hitch	1	10 each leg	3,5,10 sec hold	☐	☐	☐	☐	☐	☐	☐
Araquebes	1	10 each leg	3,5,10 sec hold	☐	☐	☐	☐	☐	☐	☐
Lib Hold	2	10 each leg	3,5,10 sec hold	☐	☐	☐	☐	☐	☐	☐
Lib Balance Hold (Yoga Block)	1	10 each leg	3,5,10 sec hold	☐	☐	☐	☐	☐	☐	☐
Lunge From Knee, Lib Hold	2	10 each leg	3,5,10 sec hold	☐	☐	☐	☐	☐	☐	☐
Lunge From Knee, Lib Hops (3-4)	1	10 each leg	3,5,10 sec hold	☐	☐	☐	☐	☐	☐	☐
Candle Stick Lib	1	10 each leg	3,5,10 sec hold	☐	☐	☐	☐	☐	☐	☐
Ankle Stretch	2	10 each leg	3,5,10 sec hold	☐	☐	☐	☐	☐	☐	☐
Ankle Stretch to Heel Stretch (1 Hand)	2	10 each leg	3,5,10 sec hold	☐	☐	☐	☐	☐	☐	☐
Ankle Stretch to Heel Stretch (2 Hand)	2	10 each leg	3,5,10 sec hold	☐	☐	☐	☐	☐	☐	☐
Side Hitch Push to Straight Leg	1	10 each leg	-	☐	☐	☐	☐	☐	☐	☐
Arababuques	2	10 each leg	3 pulse up/down	☐	☐	☐	☐	☐	☐	☐
Scale (Check Mark)	2	10 - 1, 8 count	-	☐	☐	☐	☐	☐	☐	☐
Scale	2	10 - 1, 8 count	-	☐	☐	☐	☐	☐	☐	☐

PARENT SIGNATURE (WEEK): _____

OVERALL EFFORT: 3 STARS 2 STARS 1 STAR X

EFFORT SCALE

3 STARS = Great Effort
2 STARS = Average Effort
1 STAR = Minimal Effort X = Missed

PARENT COMMENTS

REWARDS / CONSEQUENCES

No missed days, 4 weeks straight = end-of-month treat.
Repeated missed days = extra conditioning before practice.
Consistency builds jumps, tumbling, and body control.

LOCK IN | DRILL DAILY | SHINE BRIGHT

Consistent drills build the jumps, tumbling, and control that win.