

Player's Name: \_\_\_\_\_

Week # \_\_\_\_\_

| Skill           | M | T | W | Th | F | Sa | Su | Rate Your Progress/Skill | How can I improve? |
|-----------------|---|---|---|----|---|----|----|--------------------------|--------------------|
| Pop & Catch     |   |   |   |    |   |    |    | ☆ ☆ ☆<br>☆ ☆             |                    |
| Ladders         |   |   |   |    |   |    |    | ☆ ☆ ☆<br>☆ ☆             |                    |
| Figure 8s       |   |   |   |    |   |    |    | ☆ ☆ ☆<br>☆ ☆             |                    |
| Cradling        |   |   |   |    |   |    |    | ☆ ☆ ☆<br>☆ ☆             |                    |
| Bounce & Catch  |   |   |   |    |   |    |    | ☆ ☆ ☆<br>☆ ☆             |                    |
| Ground Balls    |   |   |   |    |   |    |    | ☆ ☆ ☆<br>☆ ☆             |                    |
| Switching Hands |   |   |   |    |   |    |    | ☆ ☆ ☆<br>☆ ☆             |                    |
| Taps            |   |   |   |    |   |    |    | ☆ ☆ ☆<br>☆ ☆             |                    |
| Dodging         |   |   |   |    |   |    |    | ☆ ☆ ☆<br>☆ ☆             |                    |