

Beginner Soccer Practice Progress Tracker

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Nickname / initials (optional): _____ Date: _____

Task / setup version: _____

Ball / surface / footwear: _____

Distance / target dimensions: _____

What counts as controlled / valid: _____

Date	Foot / task	Controlled / valid	Observation / changed conditions

One helpful cue / observation:

Next step: repeat the same setup / label one changed variable:

Personal self-comparison only. No validated age norms or selection threshold.

Stop for discomfort or unsafe conditions. Keep records private; breaks are allowed.

Print at actual size or fit to page. Adapt to the player. Not individualized advice.