RENEGADE SOCCERTRAINING

PROGRESSION

TRACKER

BEGINNER	INTER	ADVANCED								
< 140	140 - 160	160+	INSIDE INSIDE ESCAPE	Count Each Return to Purple Cone x 20 Touches						
			PURPLE	TOTAL	PURPLE	TOTAL	PURPLE	TOTAL	PURPLE	TOTAL
< 135	135 - 165	165+	STAR CIRCLE 4 CORNERS	Count Each Corner x 15 Touches						
			CORNERS	TOTAL	CORNERS	TOTAL	CORNERS	TOTAL	CORNERS	TOTAL
< 180	180 - 200	200+	INSIDE INSIDE TICK	Count Each Tick x 11 Touches						
			TICKS	TOTAL	TICKS	TOTAL	TICKS	TOTAL	TICKS	TOTAL
< 22	22 - 26	26+	SQUAT & KICK	Count Each Kick						
			TOTAL		TOTAL		TOTAL		TOTAL	
< 140	140 - 160	160+	INSIDE STAR ESCAPE	Count Each Return to Purple Cone x 40 Touches						
			PURPLE	TOTAL	PURPLE	TOTAL	PURPLE	TOTAL	PURPLE	TOTAL
< 126	126 - 140	140+	TRIANGLE PULL TURN	Count Each Return to Purple Cone x 14 Touches						
			PURPLE	TOTAL	PURPLE	TOTAL	PURPLE	TOTAL	PURPLE	TOTAL
< 132	132 - 150	150+	SAMBA	Count Each Left Back Touch x 6 Touches						
			LEFT	TOTAL	LEFT	TOTAL	LEFT	TOTAL	LEFT	TOTAL
< 130	130 - 150	150+	KICKOUTS	Count Each Kick						
			TOTAL		TOTAL		TOTAL		TOTAL	
< 112	112 - 132	132+	ADVANCED STAR RIVERDANCE	Count Each Right Foot Pull x 4 Touches						
			RIGHT	TOTAL	RIGHT	TOTAL	RIGHT	TOTAL	RIGHT	TOTAL
< 128	128 - 144	144+	TRIANGLE ESCAPE	Count Each Return to Purple Cone x 16 Touches						
			PURPLE	TOTAL	PURPLE	TOTAL	PURPLE	TOTAL	PURPLE	TOTAL
< 108	108 - 120	120+	IN OUT ADVANCED STAR	Count Each Return to Purple Cone x12 Touches						
			PURPLE	TOTAL	PURPLE	TOTAL	PURPLE	TOTAL	PURPLE	TOTAL
< 15	15 - 22	22+	BURPEES	Count Each Burpee						
			TOTAL		TOTAL		TOTAL		TOTAL	
			TEST 1		TEST 2		TEST 3		TEST 4	
TOTAL										