|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| PLAYER NAME: | **SUN** | **MON** | **TUES** | **WED** | **THURS** | **FRI** | **SAT** |
| **1** | Quick Feet |  |  |  |  |  |  |  |
| **2** | Toe Taps |  |  |  |  |  |  |  |
| **3** | Double Taps |  |  |  |  |  |  |  |
| **4** | Inside-Outside (Base) |  |  |  |  |  |  |  |
| **5** | Triangle- Right |  |  |  |  |  |  |  |
| **6** | Triangle- Left |  |  |  |  |  |  |  |
| **7** | Pull-Push |  |  |  |  |  |  |  |
| **8** | Roll Push |  |  |  |  |  |  |  |
| **9** | Tobin Heath |  |  |  |  |  |  |  |
| **10** | Step-Over Push |  |  |  |  |  |  |  |
| **11** | Body Triangles |  |  |  |  |  |  |  |
| **12** | Juggle – Feet only |  |  |  |  |  |  |  |
| **13** | Juggle – Thighs only |  |  |  |  |  |  |  |
| **14** | Juggle – Head only |  |  |  |  |  |  |  |
| **15** | Juggle – Whole Body |  |  |  |  |  |  |  |
| **16** | Time Spent Training |  |  |  |  |  |  |  |



**Rising FORCE Academy Training Log**

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_