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MULTI-SPORT PROGRESS REPORT

★ ☆☆ Proficient - Introduced and has done 1-50 Reps of Skill

- 🛧 🛧 🏠 Good 90% Skill Accuracy in Isolated Environment
 - 🔶 Excellent 90% Skill Accuracy in Gameplay Environment $\mathbf{\star}$

STUDENT NAME:



SOCCER STAR	DRIBBLING Forward Dribbling with Laces \overleftrightarrow \overleftrightarrow \overleftrightarrow 1 2 3 Side-to-Side Dribbling with Instep and Outside Food \overleftrightarrow \overleftrightarrow \overleftrightarrow 1 2 3	PASSINGPassing with Instep \overleftrightarrow \bigstar \bigstar 123Control with Instep \overleftrightarrow \bigstar \bullet	SHOOTING Shooting with laces $\overleftrightarrow \ \overleftrightarrow \ \overleftrightarrow \ \bigstar$ 1 2 3 Shooting with Instep $\overleftrightarrow \ \bigtriangleup \ \bigstar$ 1 2 3	DEFENSE Positioning between the attacker and the net \overleftrightarrow \overleftrightarrow \overleftrightarrow 1 2 3 Man-to-Man Defense \overleftrightarrow \overleftrightarrow \overleftrightarrow 1 2 3	STRATEGY Basic Rules of Soccer $\begin{array}{ccc} & \overleftrightarrow & \overleftrightarrow \\ 1 & 2 & 3 \\ \end{array}$ Basic Positions of Soccer $\begin{array}{ccc} & \overleftrightarrow & \overleftrightarrow \\ 1 & 2 & 3 \\ \end{array}$
TENNIS STAR	HAND-EYE COORDINATION Throwing and Catching with one hand 4 4 41 2 $3Throwing andCatching with partner4$ 4 41 2 3	GROUNDSTROKES Proper Forehand Grip ☆ ☆ ☆ 1 2 3 Forehand ↓ ↓ ↓ 1 2 3	NETPLAY Proper Volley Grip $\uparrow \uparrow \uparrow \uparrow \uparrow$ 1 2 3 Volley $\uparrow \uparrow \uparrow \uparrow \uparrow$ 1 2 3	FOOTWORK Shuffle Step $\overleftrightarrow \ \overleftrightarrow \ \overleftrightarrow \ 1$ 1 2 3 Micro-Steps to Position $\overleftrightarrow \ \overleftrightarrow \ \overleftrightarrow \ 1$ 1 2 3	STRATEGY Basic Rules of Tennis 1 2 3 Tennis Court Lines 1 2 3
BASKETBALL STAR	DRIBBLING Dribbling with Dominant Hand ☆ ☆ ☆ 1 2 3 Dribbling with Non-Dominant Hand ☆ ☆ ☆ 1 2 3	PASSING Bounce Pass 1 2 3 Chest Pass 1 2 3	SHODTING Shooting Mechanics $\begin{array}{cccc} & & & & & \\ & & & & & \\ 1 & 2 & 3 \\ Layups \\ & & & & & \\ 1 & 2 & 3 \end{array}$	DEFENSE Rebound / Box Out 2 2 3 Man-to-Man Defense 2 2 3 1 2 3	STRATEGY Basic Rules of Basketball A A A 1 2 3 Basic Point Scoring in Basketball A A A 1 2 3
Additional	$ \begin{array}{cccccccccccccccccccccccccccccccccccc$	$\begin{array}{c} \begin{array}{c} \begin{array}{c} \begin{array}{c} \end{array}{} \\ \end{array}{} \\ 1 \end{array} \end{array} \end{array} \\ \begin{array}{c} \begin{array}{c} \end{array}{} \\ \end{array}{} \\ \begin{array}{c} \end{array}{} \\ \end{array}{} \\ \end{array} \end{array} \\ \begin{array}{c} \begin{array}{c} \end{array}{} \\ \end{array}{} \\ \end{array} \end{array} \\ \begin{array}{c} \end{array}{} \\ \end{array} \end{array} $	$\begin{array}{c} \begin{array}{c} \begin{array}{c} \begin{array}{c} \end{array}{} \\ \end{array}{} \\ 1 \end{array} \end{array} \end{array} \end{array} \\ \begin{array}{c} \begin{array}{c} \end{array}{} \\ \end{array}{} \\ \begin{array}{c} \end{array}{} \\ \end{array}{} \\ \end{array} \end{array} \\ \begin{array}{c} \begin{array}{c} \end{array}{} \\ \end{array}{} \\ \end{array} \end{array} \\ \begin{array}{c} \end{array}{} \\ \end{array}{} \\ \end{array} \end{array} $	$\begin{array}{c} \begin{array}{c} \begin{array}{c} \begin{array}{c} \end{array}{} \\ \end{array}{} \\ 1 \end{array} \end{array} \end{array} \\ \begin{array}{c} \begin{array}{c} \end{array}{} \\ \end{array}{} \\ \end{array} \end{array} \\ \begin{array}{c} \begin{array}{c} \end{array}{} \\ \end{array}{} \\ \end{array} \end{array} \\ \begin{array}{c} \begin{array}{c} \end{array}{} \\ \end{array}{} \\ \end{array} \end{array} \\ \begin{array}{c} \end{array}{} \\ \end{array} \end{array} \\ \begin{array}{c} \end{array}{} \\ \end{array} \end{array} $	$ \begin{array}{cccccccccccccccccccccccccccccccccccc$

Notes



TEAM PLAYER











OF THE WEEK

COACH'S SIGNATURE:

CAPTAIN

PASSION FIRED

VOCAL

SPORTSMANSHIP