

## The Challenge

### Try your best

This week the Premier League would like you to have a go at mastering a skill by practising it every day for **five** minutes, or more. Even a small amount of daily practice can make a big difference to your technique - just make sure that you have a safe area to practise it in.

You could choose one of our football challenges from the **Master a Skill: Football tricks activity sheet** - or select one of your own. It could be learning to juggle, throwing a ball into a basketball net backwards, skipping - whatever interests you!

To track your progress over the week you can fill out this template each day after you practise your skill. Or you might like to film yourself on Day 1 and Day 7 and make a video showing the difference. We would love to see what skills you have been mastering, so do share your templates and videos with us at **@PLCommunities** and hashtag **#PLPrimaryStars** or contact us via email **PLPrimaryStars@premierleague.com**.



Remember to maintain a positive attitude and keep on going even if you don't succeed at first! Building your resilience is more important than how many kick-ups you achieve.



# The Challenge

## Try your best

First name..... Age.....

My goal is to master.....

### My progress

**Day one** Today I .....

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**Day two** Today I .....

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**Day three** Today I .....

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**Day four** Today I .....

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**Day five** Today I .....

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**Day six** Today I .....

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**Day seven** Today I .....

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I am proud of myself because .....

My next goal is .....