

The challenge Try your best

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 practice 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 practice your skill. Or you might like to film yourself on Day 1 and Day 7 and make a video showing the difference.



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

.....

Day two Today I

.....

Day three Today I

.....

Day four Today I

.....

Day five Today I

.....

Day six Today I

.....

Day seven Today I

.....

I am proud of myself because

My next goal is