



SKILL BUILDERS

MONTH

NAME



SUN

MON

TUE

WED

THU

FRI

SAT



SKILL BUILDERS

MONTH

Practice on your own for atleast 30 minutes a day & get your parents to write their initials on each day that you practice.

Practice for 15 days in the month and you'll earn a Dynamo Skill Builders Sticker!

Practice for 25 days in the month and you'll be eligible to be featured in the next Dynamo Skill Builders Tutorial Video! Watch the tutorial videos on the Houston Dynamo Academy Youtube Channel.



BALL MASTERY	DRIBBLES (FEINTS)	TURNS
Tic-Tac-Slides	Heel Push Go	Stepover Turn
Neymar Sole Rolls	Neymar Cut	Roll-Cut
Fake L-Cuts	Sneak Elastico	Roll-Chop
Sideways Sole Rolls	Leg Dangle	Fake L-Turn
Heel Push Stop	Iniesta Scissor	Marcelo Blind Feint

PASS	SHOT	JUGGLE SKILLS
Outside the Foot Bent Pass	Finesse Shot	Header Juggling

JUGGLE RECORD

HOUSTONDYNAMOACADEMY.NET/SKILLBUILDERS