

DC CRU U15 Player Development Accountability Sheet

Practicing at home is one of the most powerful ways to become a better player. While we train together three times a week, the greatest improvements come from individual effort outside of team practices. With just 15 minutes a day, players can dramatically improve their ball control, confidence, and overall game.

If a player completes 20 home practices of 15 minutes or more before the end of the season, they will earn the coveted DC CRU Development Coin. Parents/guardians must sign below to verify each session.

#	Date Practiced	Parent/Guardian Signature
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Upon completion, please turn this sheet into the Head Coach to receive your "Growth Coin".