



PYSA BASIC SKILLS AWARD PROGRAM

Video clips can be found at http://www.youtube.com/profile?user=OYSANSkillAwards	Date Completed
Basic Skill Awards Level 1	
Kick and Catch	
Six 1-touch and catch repetitions using either foot without a drop	
Basic Skill Awards Level 2	
Kick above Head Height and Catch	
Six 1-touch and catch repetitions using either foot without a drop	
Basic Skill Awards Level 3	
Kick and Catch	
Six 1-touch and catch repetitions using <i>alternating feet</i> without a drop	
Basic Skill Awards Level 4	
Kick above Head Height and Catch	
Six 2-touch and catch repetitions using <i>alternating feet</i> without a drop	
Basic Skill Awards Level 5	
Two Body Part Juggling and Catch	
Six 2-touch and catch repetitions using two different body parts without a drop	
Basic Skill Awards Level 6	
Continuous Juggling	
Ten consecutive juggles using a minimum of two body parts without a drop	
Basic Skill Awards Level 7	
Head and Catch	
Ten 1-touch and catch repetitions without a drop	
Completion: PYSA Basic Skill Awards Bag Tag	
Verifying Adult's Name:	
Verifying Adult's E-Mail:	
Verifying Adult's Phone:	
Player's Name:	
Player's Date of Birth:	
Player's Address:	

Fax Completed Form To: 503.646.7026; or
 E-Mail Completed Form To: executivedirector@portlandyouthsoccer.com; or
 Mail Completed Form To: PYSA 4840 SW Western Ave. #700, Beaverton, OR 97005

The Basic Skill Award is restricted to players who are aged 14 or younger.