

BEGINNER CHESS TRAINING

For players who know how the pieces move, but that's about it.

NAME: _____



SKILL TRACKER GO TO LICHESS.ORG AND CLICK "LEARN" THEN "CHESS BASICS"

3-5 min per session

CAPTURE **PROTECTION** **COMBAT** **CHECK IN ONE** **OUT OF CHECK** **MATE IN ONE** **BOARD SETUP** **CASTLING** **EN PASSANT** **STALEMATE** **PIECE VALUE** **CHECK IN TWO**

○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

GAME TRACKER

10-20 min per session

PLAY 30 RATED RAPID OR CLASSICAL LICHESS GAMES

W = WIN D = DRAW L = LOSS

TOTAL WINS

TOTAL DRAWS

TOTAL LOSSES

TACTICS TRACKER GO TO LICHESS.ORG/TRAINING/

For each tactic, take your time trying to visualize the solution without moving the pieces. Don't move until you see the solution. This method helps you better prepare for real games when you must "see" the best move before you make it.

NUMBER OF TACTICS/PUZZLES COMPLETED AT START OF TRACKING

STARTING TACTICS RATING

FINAL RATING

10 30 60 100 150

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Fill in a block for every 10 tactics you complete successfully.

COORDINATES TRAINING GO TO LICHESS.ORG/TRAINING/COORDINATE

For each color, reach an average score of

15

FINAL SCORE AS WHITE

FINAL SCORE AS BLACK