

Blackhills FC Juggle Across America Challenge

Rules:

Initial the state completed

When the ball hits the ground the count restarts (must be consecutive)

All feet juggles must start with the foot

U10 – U11 or those that are not allowed to head: use your shoulder instead of your head

Share your map with your coaches



Region 1

- Connecticut: 4 alternating shoulders and catch the ball with your hands
- Delaware: 4 alternating juggles with your feet while sitting in a chair (go outside)
- Maine: 10 juggles with your feet with one bounce in between (tip: go on a hard outdoor surface)
- Maryland: Juggle with your feet and catch the ball between your knees
- Massachusetts: Juggle for 10 seconds and then catch the ball with your hands
- New Hampshire: Juggle 10 times with feet and thighs above your head
- New Jersey: toss the ball above your head and juggle 4 times with your feet
- New York: toss the ball above your head and juggle 4 times with your thighs
- Pennsylvania: toss the ball and catch on your neck (tip: don't toss too high)
- Rhode Island: toss the ball and 10 juggles with your thighs or feet
- Vermont: Catch the ball on your chest or back from a juggle
- Virginia: Balance ball on your head for 6 seconds (can use your hands to place the ball)
- West Virginia: 6 juggles alternating feet

Region 2

- Illinois: 20 juggles with the feet only
- Indiana: 10 juggles with this pattern, foot – thigh
- Iowa: Balance ball on thigh for 6 seconds
- Kansas: 6 juggles with this pattern, foot – shoulder – foot – shoulder
- Kentucky: 20 juggles with the feet only
- Michigan: 6 juggles with the feet only below your knees
- Minnesota: 30 juggles alternating between thighs
- Missouri: 5 consecutive juggles with the left thigh
- Nebraska: 5 consecutive juggles with the right thigh
- N. Dakota: 4 juggles with alternating shoulders
- Ohio: 3 consecutive juggles with the right foot and then 3 with the left foot
- S. Dakota: 10 juggles with the right foot

Region 3

- Alabama: 10 juggles any body part
- Arkansas: 5 juggles right foot sitting on a chair (go outside)
- Florida: balance ball on your foot and toss in the air and catch on the opposite foot
- Georgia: 16 juggles with the thighs only
- Louisiana: juggle three balls with your hands for 1 minute
- Mississippi: 5 pushups with the ball balanced on the back of your neck
- N. Carolina: 40 juggles in one minute
- Oklahoma: 10 juggles, foot – head – foot – head – foot – head...
- S. Carolina: 20 consecutive juggles
- Tennessee: 5 consecutive juggles
- Texas: lift ball with foot and make 2 consecutive juggles and catch with hands

Region 4

- Alaska: 10 alternating foot juggles
- Arizona: 10 juggles with the head
- California: 15 alternating foot juggles ending with a head (catch with hands)
- Colorado: 5 juggles with your feet with the ball going over your head
- Hawaii: Balance the ball on your foot for 10 seconds
- Idaho: 4 juggles with your feet while sitting on a chair (go outside)
- Montana: 5 juggle with your feet while sitting on the ground
- Nevada: 10 juggles with your feet by 2's per feet
- New Mexico: 2 head and 2 feet juggles
- Oregon: 10 juggles alternating thighs
- Utah: 20 juggles with any body parts (excluding hands and arms)
- Washington: 10 juggles left foot only
- Wyoming: Right foot, Right thigh, Left foot, Left thigh