



U10 - U12 Skills Training Challenge

Complete this challenge by using the letters to spell the name or subject assigned to the specific day. Example for Day 1 below.

Coach Caleb would have to do 5 juggles with a straight flat foot, no spin on the ball, how many touches in 30 seconds, 5 juggles with no spin, how many touches in 30 seconds, and 5 Juggles Feet Only.

Day 1: Spell Your Name

Day 2: Spell Your School Name

Day 3: Spell One Parent Name

Day 4: Spell Blackhills FC

Day 5: Spell a Friends Name

Day 6: Spell Your Favorite Subject

Day 7: Spell a Pet Name

A = How many touches in 30 seconds?

B = 5 Juggles Feet Only

C = 5 Juggles with a straight flat foot no spin on ball

D = Balance on one leg 10 Seconds x2

E = How many touches in 30 seconds?

F = Soccer Boxing 25 Seconds

G = 5 Juggles Thighs Only

H = Stall the ball 10 Seconds

I = 20 Toe Taps with ball

J = How many touches in 30 seconds?

K = 20 Toe Taps with ball

L = 5 Juggles with no spin

M = Stall the ball 10 Seconds

N = 5 Juggles with no spin

O = 5 Juggles with a straight flat foot

P = 5 juggles: foot to thigh, back to foot

Q = Pop the ball up with foot to Juggle

R = Balance ball on your head 5 Seconds

S = Soccer Boxing 25 Seconds

T = Juggle with feet above head 5 times.

U = 5 Juggles Thighs Only

V = Balance ball on your head 5 Seconds

W = Dribble the ball 1 Minute

X = 5 Juggles Feet Only

Y = Stall the ball 10 Seconds

Z = Bounce the ball with feet like a basketball for 20 seconds.

Link for Tracking: <https://docs.google.com/spreadsheets/d/1o6hijmloW44giojRt5x2rqZYK5V0ilfn5zs86G-XScY/edit?usp=sharing>

Contact Caleb Gallanger when you complete Day 1-7 for a prize! Email: cgallanger1@gmail.com