



User Information

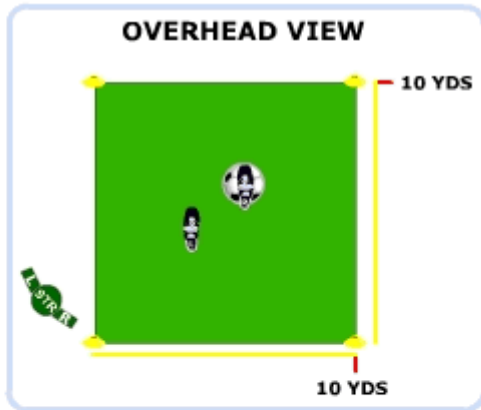
member name:
 member type:
 member level:

Date:

club name:
 position played:
 country:

Juggling - Both Feet

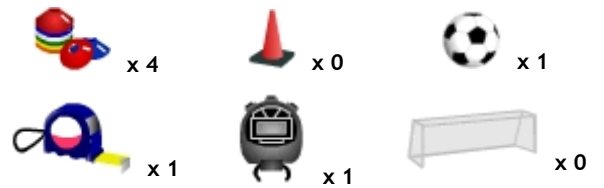
Measurement/Organization



Number Of Players



Equipment



Objective

To perform as many 'kick-ups' as possible using both feet alternatively in 30 seconds within a 10x10 yard square.

Rules

1. The player must start in the square with one foot on the ball.
2. The player cannot start until the Skill Tester Referee (STR) calls go!
3. The skill test must be started with the feet - no hands! This applies at the start and if any of the following rules are broken.
4. Player must use alternate feet to juggle the ball i.e. right foot, left foot, right foot, left foot...
5. If the player uses any other part of the body to keep the ball up that 'kick-up' is not counted and the ball must be restarted from the ground.
6. If the ball bounces - counting is stopped and the ball must be restarted from the ground.
7. If the ball goes out side the 10 yard square 'kick-ups' cannot continue and the ball must be restarted within the square.
8. Counting is stopped within the 30 second time limit.
9. Record score.

Tips

1. Try to keep the ball low between touches.
2. Lean over the ball, this will provide you with more control and balance.
3. Keep your arms out to provide stability and balance.

RECORD SCORE

