



U10 - U12 Skills Training Challenge #3

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 8: Spell Tight

Day 9: Spell Turn

Day 10: Spell Messi

Day 11: Spell Ronaldo

Day 12: Spell an old Friends Name

Day 13: Spell Hockey

Day 14: Spell a Random Word

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: [STC Challenge Link](#)

Contact Caleb Gallanger when you complete Day 8-14 for a prize! Email: cgallanger1@gmail.com