

ANDROMEDA SOCCER SKILLS CHALLENGE

Individual:

Must stay in designated 10 yard by 10 yard area for all of these . Must use properly inflated ball.

- 1. Juggling-Feet only-One touch per foot, alternate right then left,** count total touches. Must not touch ball with either foot (or other body part) more than once. Ball cannot touch ground.
- 2. Juggling-Feet only-accumulating touches.** ie: one right, one left, two right, two left, three right, three left, and so on. Ball cannot touch ground, and you must take the exact number of touches that is up next with the correct foot. ie, follow exact pattern.
- 3. Juggling-As above but ball must touch the ground between every set by either foot.**
Feet only-accumulating touches. ie: one right, one left, two right, two left, three right, three left, and so on. Ball must touch ground, and you must take the exact number of touches that is up next with the correct foot. ie, follow exact pattern.
- 4. Juggling-Foot to head to foot,** ball cannot touch ground. But, player can have unlimited touches by either head or foot. Only the transfer from head to foot or foot to head is counted. No other body parts can be used.
- 5. Heading- Individual heading,** how many touches can a player get without dropping the ball. Ball is dead if header missed or ball drops to ground, or other body part.
- 6. Heading- As above, and only headed touches count,** but players can keep the ball alive by playing with other soccer body parts. Then if they can get ball back to the head you keep count of all the headed touches before ball hits ground.
- 7. Head & Shoulders-** Ball must touch in order, (no bounces or extra touches on head or shoulder), head, shoulder, head, shoulder, alternating. Count total touches.
- 8. Foot, Thigh, Head Juggle-** Ball must touch in order, (no bounces or extra touches), right foot, right thigh, head, left thigh, left foot, then back, left foot, left thigh, head, right thigh, right foot, then back again, keep going. Count total touches.
- 9. Foot, Thigh, Shoulder, Head Juggle-** Ball must touch in order, (no bounces or extra touches), right foot, right thigh, right shoulder, head, left shoulder, left thigh, left foot, then back, left foot, left thigh, left shoulder, head, right thigh, right foot, then back again, keep going. Count total touches. For # 8 & 9 it is ok to start with the other foot first.
- 10. Foot, Thigh, Chest, Head Juggle-** Ball must touch in order, (no bounces or extra touches), foot, thigh, chest, head, chest, thigh, foot, thigh, chest, head, chest, thigh, foot, and so on. Count total touches. Use either thigh or foot.

Pairs : *Must stay in designated 10 yard by 10 yard area for all of these . Must use properly inflated ball.*

- 1. Passing in air -Feet only,** count total transfers between two players before they drop ball.
Ball cannot touch ground. Unlimited touches but only transfers count.
- 2. Passing in air -Use all soccer body parts except head** to pass ball in air between two players. Players have unlimited touches, but ball cannot touch ground. Only the actual transfers from one player to the other are counted.
- 3. Passing in air -Head only- One touch per player,** count total transfers between two players before they drop ball.
Must not touch ball with any other body part. Ball cannot touch ground.
- 4. Passing in air -Head only-TWO touch per player,** count total transfers between two players before they drop ball.
Must not touch ball with any other body part. Ball cannot touch ground.
- 5. Passing in air -Head only-Accumulating touches per player,** one header to partner, partner one header, two headers, partner two headers, three, three, four, four, and so on. Count highest number of headers each player gets before they drop ball. Must not touch ball with any other body part. Ball cannot touch ground.