



Oakmont Outlaws - Spring 2020 Quarantine Skills Challenge

<u>SKILL</u>	<u>YOUR SCORE</u>	★	★★	★★★	★★★★	★★★★★
How many touches can you get in 60 seconds while dribbling around a small area?		40	60	80	100	100+
Using a ball and a wall - 4-6 feet away - how many times in a row can you pass one touch with your DOMINANT (stronger) foot?		2	8	15	25	30+
Using a ball and a wall - 4-6 feet away - how many times in a row can you pass one touch with your NON-DOMINANT (weaker) foot?		2	6	10	16	25+
Using a ball and a wall - 4-6 feet away - how many times in a row can you pass WITH YOUR LACES one touch going left foot, right foot, left foot etc?		2	8	18	30	40+
many times in a row can you pass WITH INSIDE OF YOUR FOOT one touch going left foot, right foot, left foot etc?		2	8	18	30	40+
Using a ball and a wall - 4-6 feet away - how many times in a row can you pass & receive the ball on the ground with 2 touches max each time without making a mistake?		2	8	18	30	40+
Using a ball and a wall - 4-6 feet away - how many times in a row can you pass & take the ball behind your leg to the other side and pass back to the wall, then repeat going the other direction in a L shape?		3	5	7	9	12+
How many "Keepie Uppies" (juggles) can you do with only using your feet?		2	5	10	15	25+
How many "Keepie Uppies" can you do by going: Right Thigh > Left Thigh > Left Foot > Right Foot?		1	2	4	7	10+
How many "Keepie Uppies" can you do without using your feet? Thighs, shoulder, chest, head etc?		2	4	7	9	12+
How many "Keepie Uppies" can you do with any parts of your body?		2	5	10	15	25+
How many FOUNDATIONS (side to side between your legs) can you do in 20 seconds?		8	15	20	30	45+
How many TOE TAPS on top of the ball can you do in 20 seconds?		8	15	20	30	45+
How many PULL BACKS can you do back and forth, alternating feet, facing the same way when you turn in 20 seconds		3	5	9	15	25+
How many PULL/PUSHES can you do with your laces on your DOMINANT foot in 20 seconds?		5	10	15	25	35+
How many PULL/PUSHES can you do with your laces on your NON-DOMINANT foot in 20 seconds?		5	10	15	20	25+
How long does it take you to do 5 FOUNDATIONS , 5 TOE TAPS , 5 PULLBACKS , and 5 PULL/PUSHES with your laces?		60 seconds or longer	59 seconds or less	45 seconds or less	30 seconds or less	20 seconds or less

Player Name:

Grade:

Age:

Favorite Soccer Player:

Favorite Team:

Favorite Position: