






## How Many Soccer Skills Can You Complete?

You will need a soccer ball or a soft ball you can control with your feet for this activity.

Below is a list of soccer skills for you to practice and complete. Write down how many times you can perform the skill in 30 seconds, 60 seconds and your personal best.

Skill	30 Second Score	60 Second Score	Personal Best
<b>Toe Taps</b> 			
<b>Knee Bounces</b> (Start with ball in hands, drop onto knee and catch) 			
<b>Step Over</b> (Draw circle around the ball with your foot) 			

**Header**  
(Gently throw  
ball in the air and  
bounce it off your  
forehead)



**Juggling**

