



Soccer “Juggle” Challenge

What you are doing:

1. Take 3 attempts at “juggling” a soccer ball (or similar ball) without letting the ball hit the ground. Any part of the body can be used to contact the ball except your arms and hands. “Stalling” (holding the ball) is NOT permitted.
2. Individuals submit the highest number of times you contact the ball without it hitting the ground in one attempt. Teams submit the overall total of the highest attempt for each participant.
3. There is no requirement on location or whether you are indoors or outdoors.
4. Make sure the student-leader and teacher-coach verify your results.

What you need:

- Proper clothing and footwear for the conditions.
- Large area free of obstructions and has an ample amount of space.
- Can be completed at school or at home.

Note for Student-Leaders and Teacher-Supervisors: *Feel free to modify the challenge in order to provide opportunity to any students who would like to participate.*

That’s all there is to it!

Remember to stay safe, have proper supervision and the more students that participate the more points you get.

You Have Been Challenged!