

FC Fremont Fury Juggling Challenge

Remember it is everybody's responsibility to be prepared to play at the best of your ability, don't let yourself or your teammates down. Mark where you left off at every training session. Take pride in your accomplishments and remember most of all to practice, practice, practice and have **fun**.

Group 1

- a) 30 consecutive juggles (any body part)
- b) 30 consecutive juggles (15 must be with your feet)
- c) 5 left foot juggles (or if you are left footed- use your right foot)
- d) 5 head juggles
- e) 10 tennis ball juggles

Group 2

- a) 50 juggles (any body part)
- b) 50 juggles (feet only)
- f) 10 left footed juggles (or if you are left footed- use your right foot)
- c) 20 juggles alternating right foot left foot
- d) 10 head juggles
- e) 15 tennis ball juggles

Group 3

- a) 15 left footed juggles (or if you are left footed- use your right foot)
- b) 40 alternating left foot, right foot
- c) 10 juggles alternating instep & outside of the foot
- d) 15 head juggles
- e) 20 tennis ball juggles

Group 4

- a) 20 left footed only (or if you are left footed- use your right foot)
- b) 60 juggles alternating right foot, left foot
- c) 15 juggles alternating instep & outside of the foot
- d) 20 head juggles
- e) 25 tennis ball juggles
- f) 50 consecutive juggles alternating right foot left foot in a 6' x 6' square