

SOLO CHALLENGE CARD

Juggle It

Keep the ball up without it touching the floor, kick the ball 3 times in row, 2 attempts.

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Juggle It

Keep the ball up without it touching the floor, kick the ball 6 times in row, 2 attempts.

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Pick A Corner

Set up one goal by placing two objects 2 metres apart from each other.

Place the ball on the ground 2 metres away from the goal.

Score a goal in the bottom right-hand side, in 3 attempts.

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Pick A Corner

Set up one goal by placing two objects 2 metres apart from each other.

Place the ball on the ground 2 metres away from the goal.

Score a goal in the bottom left-hand corner, 3 attempts.

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Shoot It

Set up one goal by placing two objects 2 metres apart from each other.

Place the ball on the ground 2 metres away from the goal.

Score a goal in the bottom left-hand corner using your left foot, 2 attempts.

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Shoot It

Set up one goal by placing two objects 2 metres apart from each other.

Place the ball on the ground 2 metres away from the goal.

Score a goal in the bottom right-hand corner using your right foot, 2 attempts.

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Kick It

Set up one goal by placing two objects 2 metres apart from each other.

Place the ball on the ground 2 metres away from the goal.

Close your eyes and spin on the spot 3 times keeping your eyes closed and attempt to score a goal.

Score a goal in 2 attempts.

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Call A Goal

*Call out a corner of the goal
and score in that corner.*

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The Best of The Best

``Around the world`` – Do an around the world. Juggle the ball up in the air with one foot and bring that same foot all the way around the ball and continue to juggle it without it hitting the ground.

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Flick It

Using only your foot flick the ball above your head.

This must be done in one motion therefore only one kick of the ball.

You have 3 attempts.