


BRSC SOCCER

BINGO

Complete 5 toilet paper roll juggles	Balance a ball on your head for 10 seconds	Perform a figure-8 drill 8x	40+ foundations in 30 seconds	Successfully complete a rainbow
Juggle 10x with head	Juggle & catch the ball w/ your thigh & chin for 2 seconds	40+ toe taps in 30 seconds	Juggle & catch the ball w/ your achilles & hamstring for 2 seoncs	Watch highlights of your favorite player
Complete 30+ consecutive walll passes	Juggle 10x from a seated position		Perform 6 20-yard sprints	Balance a ball on your foot for 10 seconds
Successfully perform an around the world	25 sole rolls in 30 seconds	Perform 1 of BRSC's 20-Minute Training Videos on YouTube	Successfully perform 6 different moves	Juggle 10x with feet
Juggle 10x with weak foot	One touch foot, thigh, head, thigh, foot 3x in a row	20+ juggles	Organize a family soccer game	Strike a small stationary object from 10 yards away

NAME:

CARD NO. **1**