

Birth Year 2010-2007

Foundational Skills & Moves

1. Foundations - Touch Touch Roll Stationary

2. Foundations - Figure 8's (test four times: Right only, left only, inside of both feet, and outside of both feet (see videos for examples)

3. Foundations - Toe Taps with Movement (1 Set each-up and back is one set - cones 5 yards apart)

4. Foundations - Touch Step with Movement (2 sets-up and back, left and right foot; 1 set up and back both feet)

5. Moves - Double Scissors to Cones* (There should be three cones, one at each end and one in the middle. The cones should be spread out 5 yards apart. You will start at one end and dribble to the cone in the middle and execute the move. (See video example)

**Videos should last approximately 30 seconds. See videos for examples*

Passing/Receiving

6. Passing and Receiving in Pairs First Touch Inside of foot (10 Passing with Right Foot & Receiving with the Left Foot; 10 Passing with the Left Foot Receiving with the Right Foot)

**Players may use a partner (sibling/parent) or may use a wall to pass against. See videos for example*

Technical: Secret of the Egg

7. Control Secret of the Egg Laces (1 set of 5 controlling with each foot (10 Total), throwing from hands or juggling)

8. Control Secret of Egg Thigh Laces Combination (1 set of 5 controlling with each foot (10 Total), throwing from hands or juggling)

**The film should roll for the entire set, please don't clip together only your best touches. See videos for examples*

Juggling

9. Juggle Challenge - Watch the video - please submit video of yourself completing the most advanced challenge you are capable of.

**Players should film themselves juggling for 60 seconds. See video for examples*

Speed/Agility

10. Fitness without Ball Lateral Square (1 set up and back is one set)

11. Fitness without Ball Shuttles (1 set up and back to the end and then to the middle and back to the starting point)

**See Video for examples*