

Cascade FC Individual Training Challenges



Juggling Challenge	Attempted	Completed	Number of juggles
Bounce			
Thighs			
Dominant Foot			
Both Feet			
Weak Foot			
Right Foot, Right Knee			
Left Foot, Left Knee			
Leg Cycle			
Leg Cycle + Head			
Christmas Tree			

Individual Skill Moves Challenge	Attempted	Completed	Number of Skill moves in 60 seconds
Toe Taps			
Brazilian Toe Taps			
Roll and Stop			
Boxes			
Mobile Boxes			
Inside Outside Boxes			
Box Chops			
Circle Boxes			
Double Circle Boxes			
V-Pushes			

Individual Juggle-Starts Challenge	Attempted	Completed	Number of successful consecutive attempts
Regular Pull Back			
Weak Foot Pull Back			
Scoop			
The Squish			
Jump Start			
Dominate -> Weak Foot			
Roll Flick			
Roll Flick Pro			
Ney Flick			
The Coach Shane			
The Coach George			
The Coach Josh			

First Touch To Turn Challenge	Attempted	Completed	Number of turns completed in 60 seconds
Inside Right			
Inside Left			
Outside Right			
Outside Left			
Cruyff Right			
Cruyff Left			
No Touch Turn			