

My name..... My team.....

I WANT TO BE ABLE TO DO THIS WITH THE BALL IN 5 MONTHS:

Juggle/hold the ball in the air *(try 7 minutes – the best result counts)*

My highest score that I could juggle with my strongest foot during the past test was times.

I want to be able to juggle with my strongest foot ... times during the next test.

My highest score that I could juggle with my left and right foot alternating during the past test was times.

I want to be able to juggle with my left and right foot alternating ... times during the next test.

Passes *(hit the post of a goal; distance: 10 meters; 10 attempts)*

I could hit the post ... times with my right foot during the past test.

I want to be able to hit the post ... times with my right foot during the next test.

I could hit the post ... times with my left foot during the past test.

I want to be able to hit the post ... times with my left foot during the next test.

Kicking *(hit the post of a goal at least 30 cm above the ground; distance: 10 meters; 10 attempts)*

I could hit the post ... times with my right foot during the past test.

I want to be able to hit the post ... times with my right foot during the next test.

I could hit the post ... with my left foot times during the past test.

I want to be able to hit the post ... times with my left foot during the next test.