

# SPRING SOCCER 2025 CHALLENGE

Week # 1



NAME: \_\_\_\_\_

Let's go! Get ready for the soccer season with a conditioning exercise and soccer skill challenge. Record your progress each day and celebrate your highest score!

Bring your completed challenge sheet to our 1st practice on Wednesday for a small prize.

## CONDITIONING

### JUMPING JACKS:

- How many jumping jacks can you do in a row without stopping? 25? 50? 100? or more?
- Do your jumping jacks each day and record your scores.
- Don't forget to write your highest count below.

Highest Count This Week: \_\_\_\_\_

## SOCCER SKILL

### TOE TAPS: Watch the Top Tekkers "Toe Tap" Challenge on YouTube!

- How many toe taps can you do without stopping or losing control of the ball?
- Practice each day, record your scores and write your highest count below.

Highest Count This Week: \_\_\_\_\_

RECORD  
YOUR SCORES:

MON

TUE

WED

THURS

FRI

JUMPING JACKS: \_\_\_\_\_

TOE TAPS: \_\_\_\_\_