

CAN YOU, CAN YOU?

SKILLS

1. Begin Juggling using only your feet
2. Flick the ball up with the outside of the foot
3. Do 5 “Coerver Moves” without stopping between moves
4. Do the “Cruyff” move while dribbling the ball
5. Do the “Double Scissors” while dribbling the ball
6. Do the “Double Step Over” while dribbling the ball
7. Do the “Zico” move
8. Do the Maradona flick
9. Do the double cut with the inside of both feet
10. Juggle a balloon 50 times using both feet
11. Juggle the ball with one foot 10 times
12. Juggle the ball with your head 10 times
13. Juggle the ball & catch it behind your neck
14. Juggle the ball & catch it behind the leg
15. Walk while balancing the ball on your forehead
16. Do the “Rainbow”
17. Nutmeg someone & keep the ball
18. Bend the ball with the inside of the foot
19. Bend the ball with the outside of the foot
20. Volley the ball with either foot
21. Do a diving header
22. Receive the ball and turn with the inside of either foot
23. Receive the ball and turn with the outside of either foot
24. Control the ball with your instep
25. Control the ball with your shins
26. Control the ball with your thighs
27. Control the ball with your chest
28. Control the ball with your head
29. Score from your corner kick
30. Using your instep strike the ball from 15yds and hit the net on the fly

KNOWLEDGE

1. Name 6 players on the U.S. Women's National Team
2. Watch an entire soccer game
3. Watch one soccer game each week for one month
4. Read any soccer book in one week
5. Explain the offside rule
6. Explain what a diagonal run in soccer is
7. Explain the difference between a direct kick and an indirect kick
8. Name 3 women's college soccer teams in Columbus OH
9. Explain what WUSA stands for
10. Name the coach of the U.S Women's National Team
11. Name the current Women's World Cup Champions
12. Name 5 soccer websites
13. Name 3 TV channels that show soccer games and when