



Seven Day Challenge: U10 Programs

- Day 1
 - Max juggles. Find your best top score for the day!
 - Dribble for one mile or another similar but safe distance
 - Watch: [The Original Ronaldo](#) on [FIFA.com](#)
- Day 2
 - Max juggles, feet only
 - Record yourself taking 100 touches in a row, none of them with the same surface of the foot. Send to your coach
 - Watch: [Gazza's Tears](#) on [Fifa.com](#)
- Day 3
 - Max juggles, alternating feet
 - Pick a target for yourself. It could be a brick in a brick wall. It could be a bottle.
 - Watch: [How Tiki Take Took Spain](#) to the Top of the World on [Fifa.com](#)
- Day 4
 - Max juggles, alternating foot/other surface. One touch with the foot. One with another surface
 - Do the same skill move 50 times with each foot. Your choice on the move
 - Watch: [The Great Forgotten Dutch Team of 1998](#) on [Fifa.com](#)
- Day 5
 - Max toilet paper juggles. Send anything over ten to the Spokane Shadow and Spokane Sounders Instagram for posting. Over ten would be phenomenal. Messi did twenty!
 - Work on the [Inside-Outside-Pullback](#) and any variations you can come up with for 20 minutes
 - Watch: [Romania Could Have Beaten Anyone](#) on [Fifa.com](#)
- Day 6
 - Max juggles, all below the waist
 - Ten minutes of juggling recorded and sent to your head coach. Can be a video or a time-lapse
 - Watch: [Johann Cruyff](#) on [Fifa.com](#)
- Day 7
 - Max juggles (you should beat your old score!)
 - Work on your Cruyff Turn, outlined in the video above. If you think it's worth sharing, send to the Spokane Shadow and Spokane Sounders Instagram accounts for reposting



- Send to your coach the number you have currently and why you enjoy it. It could be why it's unique, it could be why you picked it. Make it personalized to you

