

Keep Up Challenge

Start at Level 1. Record your best unbroken run. When you reach the target, mark it achieved and move to the next level.

PLAYER _____ STARTED _____

LEVEL	TARGET	ATTEMPT DATE	BEST SCORE	ACHIEVED
01	10			☐
02	20			☐
03	30			☐
04	40			☐
05	50			☐
06	60			☐
07	70			☐
08	80			☐
09	90			☐
10	100			☐
11	110			☐
12	120			☐
13	130			☐
14	140			☐
15	150			☐
16	160			☐
17	170			☐
18	180			☐
19	190			☐
20	200			☐
21	210			☐
22	220			☐
23	230			☐
24	240			☐
25	250			☐

Make the practice count

- Keep the ball around waist height or lower.
- Use both feet rather than protecting one side.
- Short, frequent practice beats one exhausting session.

Your current level: _____ Next target: _____
Stuck? Post your score and question inside the Football Coaching Academy.