



# Mid Ulster Youth Academy Skills Challenge



## 1) Keepy-up challenge

How many keepy-ups can you do without dropping the ball?



## 3) Right foot strike

Using the correct technique how many goals can you score in 30 seconds?



## 6) Turn like Ronaldo

How many times can you turn in 30 seconds between the cones?



## 2) Left foot strike

How many goals can you score into the goal by using your left foot?



## 4) Dribble like Messi

How many balls can you dribble into the goal in 30 seconds?



## 5) Balance challenge

How long can you balance on one leg without touching the ground? Can you close your eyes and balance?



*"Be the best that you can be"*

## Score Board

1) Keepy-up challenge	=
2) Left foot strike	=
3) Right foot strike	=
4) Dribble like Messi	=
5) Balance challenge	=
6) Turn like Ronaldo	=