



Loveland Soccer Bingo

2007 and older



Juggling	Slalom Dribbling	1v1 competition
Wall passes	Turns	Volleys
Ball control	Figure of 8	Freestyle

Loveland Soccer Bingo - 2007 and older Instructions

Print out your Bingo card and mark each activity complete as you complete it.

- **Juggling** - Juggling x 3 - have to juggle double your age 3 times
- **Slalom Dribble** - 8 cones/objects 1 yard apart. Right foot x2, Left foot x2, Inside of the foot x2, Outside of the feet x2 and Any foot any part x2
- **1v1 competition** - Find a parent/sibling and play 1v1 into 1 or 2 goals. First to 10 wins. - can use two shoes on the ground for goals if needed.
- **Wall pass** - Find a wall/partner and play 20 passes with left foot and right foot from 10 yards, then 15 yards then 20 yards.
- **Turns** - set out 5 cones/objects(shoes/tshirts/socks) in any way you like and dribble around an area and perform any turn(be creative) you like when you get to the cone/object. Do this at game speed for 5x30second rounds with a rest in between.
- **Volleys** - Parent/sibling assist you, or assist yourself and volley at a wall. 20 volleys with your 1. Inside of right foot, 2. Inside of left foot, 3. Laces of right foot, 4. Laces of left foot 5. Control on knee then volley(any foot and knee)
- **Ball Control** - drop the ball and trap it under your foot 5 times from 1. Waist height, 2. Straight out in front of you, 3. Head height, 4. Throw the ball two feet up. Then repeat this with your opposite foot. Can also control on your laces then trap it if needed.
- **Figure of 8s** - 5x30 seconds of dribbling in a figure 8 around 2 cones/objects. Game speed.
- **Freestyle** - 30 seconds of any skill/moves you have or want to do. Can be anything you like. Be creative

When your card is complete, upload a short video of yourself completing all challenges to our facebook group for LYSA or Storm depending on where you play. For any questions contact Anthony - anthonylovelandsoccer@gmail.com