

Sidekick Thigh-Foot Combo 1

Juggling Control using the Soccer Sidekick

statUP

Earn Stats That Matter

Description


Athlete juggles in a thigh foot combo for a continuous record using the Soccer Sidekick for one minute.

This statUP test is designed by Santiago "Santi" Velez. Santi is a former D1 college player and co-founder of the Soccer Sidekick. The Soccer Sidekick helps you train game-like situations by yourself.

Learn more and purchase yours at SoccerSidekick.com.

Purpose

To evaluate an athlete's advanced ball control using their thighs and feet.

level	coaches	equipment
L2	1	 1 Soccer Sidekick

Directions

Before running test, review directions with athletes.

1. Set to Orange Setting

Set the Soccer Sidekick setting to orange.

2. Start Timer

Coach says go and starts timer on app for 1 minute.

3. Athlete Performs "In Outs"

Athlete passes the ball with their foot and controls it with their thigh. This is one repetition. Each time an athlete continues this pattern without the ball hitting the ground is considered another repetition. It's one foot touch, one thigh touch.

Athlete may use either foot or thigh.

4. Scoring

After one minute the athlete's score is their highest continuous record. For example, if they got 5 in a row, 3 in a row and 10 in a row in one minute their highest continuous record is 10.



Find out more about the Soccer Sidekick at SoccerSidekick.com.

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What Could Go Wrong

1. **Ball Hits Ground.** If the ball hits the ground at any point during the one minute athlete should start over for a new continuous record. The time doesn't stop.
2. **Time Interrupts Best Record.** If one minute ends during a continuous record the athlete should stop. They should not continue after one minute.

Key Points

1. **Any start is okay.** Athlete can start this thigh foot combo by passing the ball off the ground or by starting with their hands and dropping it to their foot for their pass.

