



Billings United Timbers & Thorns Juggling Challenge

Record your highest number of juggling touches in a row each day on the table below.

Juggling Challenge Rules:

- Players must record their highest 3 attempts per day.
- Players trying to reach level 100 must start with their feet & the ball on the floor
- Balls must be kept in the air for consecutive touches
- Under 6 through Under 8 may start with the ball in their hands, 1st touch must be with the foot, & all body parts count as a point.
- Under 10 through Under 19 must use their feet to pick up the ball. Touches with the feet count toward the total number of juggles. All other body parts can be used but they do not count toward the total number of juggles. For example: foot, foot, thigh, head, foot, counts as 3 juggles.

Week 1							Week 2						
M	T	W	T	F	S	S	M	T	W	T	F	S	S
Week 3							Week 4						
M	T	W	T	F	S	S	M	T	W	T	F	S	S
Week 5							Week 7						
M	T	W	T	F	S	S	M	T	W	T	F	S	S

Submissions must be recorded & sent to the club social media accounts:

- Billings United Facebook Community Page (post directly to the page)
- Billings United Facebook Messenger
- Billings United Instagram (Tag @billings_united)
- Billings United Instagram Messenger

