

# Cumbernauld Colts 2008s Summer Challenge



Hi Guys,

Over the school holidays can you try doing 50 of each move below?

When you have done 50 of each move tick the wee box beside it ☺



**U- Turns**

X50



**Bale swivel**

X50



**Cryuff Turns**

X50



**Drag V's / L's**

X50



**Inside and Outside Cuts**

X50



**Roll and Step**

X50



**Scissors / Double Scissors**

X50



**Twist off**

X50



**Pull-Push**

X50



**Your own move**

x100

Give it a go and let the coaches know how you get on.

If you have done them all, can you do it with your weaker foot? ☺ ☺

Can you get your Mum or Dad, brother or sister to try them too? ☺ ☺ ☺

Thanks,  
Scott