Age Group	Juggling	Toe Touches/:20	Left Foot Passing/100	Right Foot Passing/100	Alt Foot Passing/100	1 Mile Run-Boys	1 Mile Run-Girls	Juggling Rt Ft only	Juggling Lt Ft only
U12	100	70	2:00	1:40	1:50	8:30	9	30	30
U11	50	65	2:10	1:55	2:05	9:00	9:30	20	20
						1/2 mile	**1/2 mile**		
U10	25	60	2:20	2:05	2:15	4:20	4:30	10	10
U9	10	55	2:45	2:30	2:40	NA	NA	7	7
U8	5	50	3:45	3:00	3:30	NA	NA	3	3

Pass Skill Directions: Find a wall and mark a line 5 feet from it. All passes must be completed behind the 5 ft mark. Count only the passes with prescribed foot. If player uses the non-prescribed foot that pass does not count toward the 100 total. Record the amount of time to obtain 100 passes. All passes should be with the inside of the foot with ankle locked.