SOCCER BINGO

Shoot 20 One-Touch Shots	60 Jumping Jacks	Jog 1 Mile	20 Minute Bike Ride	Complete 30 Wall Passes
1 Minute Wall-Sit x 3	Complete 4 “Suicide” Sprints	Complete 5 “Suicide” Dribbles	Sprint 60 Feet	Footwork – 30 Seconds Roll Over x 3
Footwork – 30 Seconds Behind the Back x 4	Footwork – 30 Seconds Toe Pull x 4	Take 25 Side Shots	25 Headers x 3	10 Burpees
30 Arm Circles – Both Sides	25 Sit-Ups	20 Throw-Ins	Juggle for 60 seconds x 3	30 Mountain Climbers
Eyes Up Dribbling for 2 Minutes	1 Minute of Toe Taps	45 Jumping Jills	1 Minute Side Plank – Each Side	25 High Knees x 3