



FootworX Player Test Sheet – Special FX for your feet!

CLUB: _____ **TEAM:** _____ **AGE:** _____

USA TRAINER: _____ **TEAM COACH:** _____

Player Name	Toe Taps	Box Balls	Scissors	Sole Roles	Drag Backs	Ball Maneuver 1 (Outside Outside)	Ball Maneuver 2 (Outside Outside Inside)	Ball Maneuver 3 (Inside Inside Outside)	Ball Maneuver 4 (Outside Outside Cruyff)	Juggling (One Bounce)	Juggling (No Bounce)	Dribbling 1 (Preferred Foot)	Dribbling 2 (Non-Preferred Foot)	Turning 1 (Inside)	Turning 2 (Outside)	Samba Touches	Lace Touches (Preferred Foot)	Lace Touches (Non-Preferred Foot)	Lace Touches (Alternate)

ANYONE CAN DO IT – Perfect practice makes perfect with the 10,000 hour rule.

ELITE = 10,000 hours

GOOD = 8,000 hours

AVERAGE = 4,000 hours