



# KEEPY UPPY

## HOMework SHEET

Have 3 attempts at Keepy Uppy with each body part mentioned.

Record the highest amount of Keepy Uppy's of the 3 attempts.

Start with the ball on the Ground for Right Foot, Left Foot & All In.

Start with the ball in your Hands for Right Knee, Left Knee & Head.

Return the sheet to your Coach at the end of the 4 Weeks.

DATE W/C						
DAY	RIGHT FOOT	LEFT FOOT	RIGHT KNEE	LEFT KNEE	HEAD	ALL IN
MONDAY						
TUESDAY						
WEDNESDAY						
THURSDAY						
FRIDAY						
SATURDAY						
SUNDAY						

DATE W/C						
DAY	RIGHT FOOT	LEFT FOOT	RIGHT KNEE	LEFT KNEE	HEAD	ALL IN
MONDAY						
TUESDAY						
WEDNESDAY						
THURSDAY						
FRIDAY						
SATURDAY						
SUNDAY						

DATE W/C						
DAY	RIGHT FOOT	LEFT FOOT	RIGHT KNEE	LEFT KNEE	HEAD	ALL IN
MONDAY						
TUESDAY						
WEDNESDAY						
THURSDAY						
FRIDAY						
SATURDAY						
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DATE W/C						
DAY	RIGHT FOOT	LEFT FOOT	RIGHT KNEE	LEFT KNEE	HEAD	ALL IN
MONDAY						
TUESDAY						
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THURSDAY						
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SATURDAY						
SUNDAY						