



# 10,000 Touch Challenge Log



## Quick Hands

### FRONT

50	50	50	50	50	500
50	50	50	50	50	

### SIDE

50	50	50	50	50	500
50	50	50	50	50	

### 2/3 BALLS

50	50	50	50	50	500
50	50	50	50	50	

### SPIN

50	50	50	50	50	500
50	50	50	50	50	

### OBSTACLE COURSE

50	50	50	50	50	750
50	50	50	50	50	
50	50	50	50	50	

### JUGGLING

50	50	50	50	50	250
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## Narrow & Wide

### NARROW/WIDE COMBO

50	50	50	50	50	500
50	50	50	50	50	

### WIDE THROW & CATCH

50	50	50	50	50	500
50	50	50	50	50	

### HAND SLIDE WIDE

50	50	50	50	50	250
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### BALL THROUGH LEGS

50	50	50	50	50	250
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### STICK THROUGH LEGS

50	50	50	50	50	250
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### WIDE REACH

50	50	50	50	50	250
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## Around Body

### HALF CIRCLE

50	50	50	50	50	500
50	50	50	50	50	

### BOX

50	50	50	50	50	500
50	50	50	50	50	

### FIGURE 8

50	50	50	50	50	500
50	50	50	50	50	

### FIGURE 8 IN MOTION

50	50	50	50	50	500
50	50	50	50	50	

### FIGURE 8 FOREHAND ONLY

50	50	50	50	50	250
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## Toe Drags

### FRONT & SIDE

50	50	50	50	50	250
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### ATTACK TRIANGLE

50	50	50	50	50	250
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### MOVING

50	50	50	50	50	250
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### CHIP OVER STICK

50	50	50	50	50	250
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### TRANSITION STICKS

50	50	50	50	50	250
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## Passing

### STICK HANDLE & PASS

50	50	50	50	50	500
50	50	50	50	50	

### ONE TOUCH PASS

50	50	50	50	50	500
50	50	50	50	50	

Name:  Age:

Email:

Level:  Position: