

Discovery II – U9/U10 - TESTING – 3/23/2020

ACTIVITY	DURATION	SCORE
Juggling – Dominant Foot	30 seconds – Total Number	
Juggling – Non-Dominant	30 seconds – Total Number	
Juggling – Both Feet Alternating	30 seconds – Total Number	
Juggling – Dominant Thigh	30 seconds – Total Number	
Juggling – Non-Dominant Thigh	30 seconds – Total Number	
Juggling – All Surfaces	30 seconds – Total Number	