

Evolve – U11/U12 - TESTING – 3/23/2020

ACTIVITY	DURATION	SCORE
Juggling – Dominant Foot	60 seconds – Total Number	
Juggling – Non-Dominant	60 seconds – Total Number	
Juggling – Both Feet Alternating	60 seconds – Total Number	
Juggling – Dominant Thigh	60 seconds – Total Number	
Juggling – Non-Dominant Thigh	60 seconds – Total Number	
Juggling – All Surfaces	60 seconds – Total Number	