



Bridging the gap between grassroots & professional football

THE “KEEPY UP CHALLENGE” (PDF)

- 100x JUGGLING EXERCISES TO MASTER
 - BEGINNER to EXPERT LEVEL
 - TRACK & BREAK YOUR RECORDS

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Chapter 1

Getting Started – Developing The Basics

PPFA KEEPY UP CHALLENGE (Chapter 1, Exercises 1-10)		Each time you practise an exercise, record today's TOP SCORE here!							
1	Drop, Bounce, Kick & Catch								
2	Drop, Kick, Double Bounce, Kick, Double Bounce (continue).								
3	Drop, Kick, Bounce, Kick, Catch								
4	Drop, Kick, Bounce, Kick, Bounce (continue)								
5	Drop, Kick, Catch (continually repeat adding 1 more kick each time you successfully catch the ball)								
6	Drop, Kick, Kick, Bounce (continue)								
7	Right Foot, Bounce, Left Foot, Catch								
8	Right Foot, Bounce, Left Foot, Bounce (continue)								
9	Right Foot, Left Foot, Catch (continue)								
10	Right Foot, Left Foot, Bounce (continue)								



Chapter 2 Both Feet, All Surfaces

PPFA KEEP UP CHALLENGE (Chapter 2, Exercises 11-20)		Each time you practise an exercise, record today's TOP SCORE here!							
11	Right Foot, Left Foot (continue)								
12	Left Foot, Right Foot (continue)								
13	Right Foot, Right Foot, Left Foot (continue)								
14	Left Foot, Left Foot, Right Foot (continue)								
15	Right Foot Laces, Right Foot Inside (continue)								
16	Left Foot Laces, Left Foot Inside (continue)								
17	Right Foot Laces, Right Foot Outside (continue)								
18	Left Foot Laces, Left Foot Outside (continue)								
19	Right Foot Laces, Right Foot Inside, Right Foot Outside								
20	Left Foot Laces, Left Foot Inside, Left Foot Outside								



Chapter 3

Introducing Other Body Parts - Thighs & Shoulders

PPFA KEEP UP CHALLENGE (Chapter 3, Exercises 21-30)		Each time you practise an exercise, record today's TOP SCORE here!							
21	Right Thigh Only								
22	Left Thigh Only								
23	Right Thigh, Left Thigh (continue)								
24	Either Thigh, Thighs Only (continue)								
25	Throw, Right Shoulder, Catch								
26	Throw, Left Shoulder, Catch								
27	Throw, Left Shoulder, Right Shoulder, Catch								
28	Kick Ups With Feet, Right Shoulder, Continue With Feet.								
29	Kick Ups With Feet, Left Shoulder, Continue With Feet.								
30	Kick Ups With Feet, Shoulder to Opp Shoulder & Continue With Feet								



Chapter 4

Introducing Other Body Parts - Chest & Head

PPFA KEEP UP CHALLENGE (Chapter 4, Exercises 31-40)		Each time you practise an exercise, record today's TOP SCORE here!							
31	Throw, Chest Cushion & Continue With Feet.								
32	Keep up, chest cushion, keep up with feet (continue)								
33	Keep ups With Feet, Chest Cushion, Keep Ups (thighs) then keep ups (feet) - (continue)								
34	Throw, Head, Catch (adding 1+ more header each time you catch the ball).								
35	Keep Up With Head ONLY.								
36	Kick Ups With Feet, Head, Continue Keep Ups With Feet.								
37	Keep Up With Feet x3, With Head x1 (continue)								
38	Keep Up With Feet x 3, With Head x1 (add 1+ more header each time you complete a cycle & continue)								
39	Keep Up With Feet, x1 Right Shoulder, x1 Left Shoulder, x1 Head (continue)								
40	Maradona 7 (Right Foot x1, Left Foot x1, Right Thigh x1, Left Thigh x1, Right Shoulder x1, Left Shoulder x1, Head x1)								



Chapter 5

Specific Body Part Combinations

PPFA KEEP UP CHALLENGE (Chapter 5, Exercises 41-50)		Each time you practise an exercise, record today's TOP SCORE here!							
41	Right Foot x3, Left Foot x1 (continue)								
42	Left Foot x3, Right Foot x1 (continue)								
43	Right Foot x4, Left Foot x2 (continue)								
44	Left Foot x4, Right Foot x2 (continue)								
45	Right Foot x2, Right Thigh x2, Left Foot x2, Left Thigh x2 (continue)								
46	Right Foot x2, Chest Cushion, Left Foot x2, Chest Cushion (continue)								
47	Right Foot x2, Head, Left Foot x2, Head (continue)								
48	x4 Feet Only (either foot), x2 Any Body Part (no feet or hands) - (continue)								
49	x5 Feet Only (either foot), x3 Any Body Part (no feet or hands) - (continue)								
50	x6 Feet Only (either foot), x4 Any Body Part (no feet or hands) - (continue)								



Chapter 6 Foot-Stall Challenges

PPFA KEEP UP CHALLENGE (Chapter 6, Exercises 51-60)		Each time you practise an exercise, record today's TOP SCORE here!							
51	Flick ball up, right foot foot-stall.								
52	Flick ball up, left foot foot-stall.								
53	Right foot foot-stall to left foot foot-stall...								
54	Flick ball up, from foot-stall (stronger foot), thigh and foot-stall again.								
55	Flick ball up, from foot-stall (other foot), thigh and foot-stall again.								
56	Flick ball up, from foot-stall (stronger foot), chest cushion and foot-stall again.								
57	Flick ball up, from foot-stall (stronger foot), head then back to foot-stall.								
58	Flick ball up, from foot-stall (other foot), chest cushion and foot-stall again.								
59	Flick ball up, from foot-stall (either foot), head then back to a foot-stall again.								
60	Foot-stall, flick over head, 180 degree turn and foot-stall (either foot)								



Chapter 7

Introduce Height Variances

PPFA KEEP UP CHALLENGE (Chapter 7, Exercises 61-70)		Each time you practise an exercise, record today's TOP SCORE here!							
61	Stronger foot keep ups. Every 5th touch must go above waist height (continue)								
62	Other foot keep ups. Every 5th touch must go above waist height (continue)								
63	Stronger foot keep ups. Every 5th touch must go above chest height (continue)								
64	Other foot keep ups. Every 5th touch must go above chest height (continue)								
65	Stronger foot keep ups. Every 5th touch must go above head height (continue)								
66	Other foot keep ups. Every 5th touch must go above head height (continue)								
67	Right foot, left foot keep ups. Every 3rd touch with stronger foot must go above head height (continue)								
68	Right foot, left foot keep ups. Every 3rd touch with weaker foot must go above head height (continue)								
69	Keep ups with both feet (feet only). All touches must go above waist height.								
70	Keep ups with both feet (feet only). All touches must go above head height.								



Chapter 8

Wall Play

PPFA KEEP UP CHALLENGE (Chapter 8, Exercises 71-80)		Each time you practise an exercise, record today's TOP SCORE here!							
71	Stronger foot keep ups. 1 in every 4 touches must be played against a wall (continue)								
72	Weaker foot keep ups. 1 in every 4 touches must be played against a wall (continue)								
73	Two foot keep ups. 1 in every 4 touches must be played against a wall (continue)								
74	Two foot keep ups. Every 2nd touch must be played against a wall (continue)								
75	x6 keep ups (both feet), x2 wall play (continue)								
76	x10 keep ups (both feet), x4 wall play (continue)								
77	x5 keep ups (both feet), 1x wall play, 2 thighs (continue)								
78	x5 keep ups (both feet), 1x wall play, chest cushion (continue)								
79	x5 keep ups (both feet), 1x wall play, 1x headed control (continue)								
80	Headed wall play (continue)								



Chapter 9
Showboat Level

PPFA KEEPY UP CHALLENGE (Chapter 9, Exercises 81-90)		Each time you practise an exercise, record today's TOP SCORE here!							
81	Throw, Neck catch.								
82	Keep Up with Feet, Neck Catch, Flick Up, Continue to Keep Up (with feet)								
83	Neck Catch, Neck Catch (continue)								
84	Keep Up, Neck Catch, Press Up, Flick Up, Keep Up								
85	Keep Up, Catch Between Feet, Flick Up & Keep Up								
86	Around The World (outwards) from Foot-Stall								
87	Keep Up, Around The World (outwards), Keep Up.								
88	Around The World (inwards) from Foot-Stall								
89	Keep Up, Around The World (inwards), Keep Up.								
90	Foot stall, neck catch, Flick Up, Keep Up, 2x round the worlds.								



Chapter 10 Freestyler Level

PPFA KEEP UP CHALLENGE (Chapter 10, Exercises 91-100)		Each time you practise an exercise, record today's TOP SCORE here!							
91	Flick up, foot-stall, 360 spin while in foot-stall, continue to keep up.								
92	Flick up, keep up, 180 spin, keep up (continue)								
93	Flick up, keep up, 360 spin, keep up (continue)								
94	Keep up, 2x (or more) around the worlds, keep up (continue)								
95	Keep Up, around the world (inwards), around the world (outwards), keep up (continue)								
96	Keep up, catch between knees, around the world from knees, keep up (continue)								
97	Flick up, keep up, sit down and keep up while seated								
98	Keep ups, sit down and keep ups while seated, header then continue								
99	Keep ups, sit down and keep up while seated, around the world then continue								
100	Keep up, catch and balance the ball on head, continue to keep up.								