



# Juggling *Event Overview*

## EQUIPMENT NEEDED



### Soccer Ball

*If you do not have a soccer ball, you can use another round object that you can kick, like a beach ball/volleyball/kickball*



### Your body!

## RULES

- 1 Team of 5  
*Unified (3 athletes/2 partners)*
- 2 Juggle as many times as you can until the soccer ball hits the ground
- 3 You can have 10 consecutive turns of juggling and record your highest score
- 4 No hands, Can use knees and feet
- 5 Record your score individually
- 6 Add up your team's score
- 7 Send in the final team score

## How many times can your team juggle a soccer ball?



*Remember to take a picture or video of yourself competing in this event! Celebrate with other athletes online using the official hashtag:*

***#sowavirtualgames***



**Soccer Event Overview**  
*2020 Virtual Summer Games*

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