KickStreak

30-day kick-ups challenge

Goal: 100 kick-ups in a row. After each session, write your best streak in the square and tick it.

Name _____

Starting best _____

Day 30 best _____

Week 1: Control

Low, steady touches on both feet.

Day 1 ☐
Low touches
Stronger foot. Keep the ball below your knee.
Best _____

Day 2 ☐
Weaker-foot sets
Short sets on your weaker foot only.
Best _____

Day 3 ☐
Low touches
Both feet, one foot per set.
Best _____

Day 4 ☐
Alternate feet
Right, left, right, left, slowly.
Best _____

Day 5 ☐
Low touches
Count every set. Beat day 1.
Best _____

Day 6 ☐
Thigh rescue
Foot, foot, thigh, then catch.
Best _____

Day 7 ☐
Rest
Rest, or three relaxed record attempts.
Best _____

Week 2: Both feet

Switching feet and longer sets.

Day 8 ☐
Alternate feet
Sets of right-left touches.
Best _____

Day 9 ☐
Weaker-foot sets
Beat your day 2 sets.
Best _____

Day 10 ☐
Timed sets
Three 30-second sets. Count the total.
Best _____

Day 11 ☐
Thigh rescue
Use a thigh whenever a touch goes wrong.
Best _____

Day 12 ☐
Alternate feet
Longer sets. Stay on your toes.
Best _____

Day 13 ☐
Walking kick-ups
Juggle slowly between two markers.
Best _____

Day 14 ☐
Rest
Rest, or three relaxed record attempts.
Best _____

Week 3: Rescue

Saving bad touches and changing height.

Day 15 ☐
Bad-touch recovery
Knock a touch off line, then save it.
Best _____

Day 16 ☐
High and low
Two low touches, one higher. Repeat.
Best _____

Day 17 ☐
Timed sets
Three 1-minute sets. Count the total.
Best _____

Day 18 ☐
Weaker-foot sets
Weaker foot, saving with your stronger one.
Best _____

Day 19 ☐
Surface circuit
Foot, thigh, foot, other thigh.
Best _____

Day 20 ☐
Low touches
Long, relaxed sets at your best height.
Best _____

Day 21 ☐
Rest
Rest, or three relaxed record attempts.
Best _____

Week 4: Going long

Longer attempts and staying relaxed.

Day 22 ☐
Long sets
Two long attempts. Start relaxed.
Best _____

Day 23 ☐
Alternate feet
Your longest switching set.
Best _____

Day 24 ☐
Timed sets
Two 2-minute sets. Count the total.
Best _____

Day 25 ☐
Bad-touch recovery
Save every bad touch you can.
Best _____

Day 26 ☐
Walking kick-ups
Forwards and back between markers.
Best _____

Day 27 ☐
Rest
Full rest day.
Best _____

Day 28 ☐
Record attempts
Five attempts, short break between.
Best _____

Test days

An easy day, then your 100 attempt.

Day 29 ☐
Easy session
Ten minutes of low touches. Nothing hard.
Best _____

Day 30 ☐
Test day
Best of five attempts at 100.
Best _____

KickStreak levels (our own scale, by best streak in a row)

Starter 0–9 **Beginner** 10–24 **Improver** 25–49 **Skilled** 50–99 **Advanced** 100–249 **Expert** 250–499 **Master** 500+

Every session: warm up for a few minutes, do the day's drill, then make three attempts at your best. A streak ends when the ball hits the ground. Feet, thighs, chest and head all count.