**USE YOUR NAME THAT'S YOUR CHALLENGE**

A  Keep-ups (Keepie uppies)
B  10 Pushups
C  Crossover
D  20 Crunches
E  Around the world
F  10 Mountain Climbers
G  Knee Stall
H  20 Squats
I  Keep-ups (use toes only)
J  20 Lunges
K  Thigh Pop
L  10 Pushups
M  Sidehead Stall
N  20 Jumping Jacks
O  Neck Stall
P  20 Squats
Q  Sitdown X-Over
R  10 Burpees
S  Head Stall
T  10 Arm Circles
U  Sole Stall
V  20 Jumping Jacks
W  Keep-ups (use head only)
X  20 High Knees
Y  Knee Akka
Z  20 Second Wall Sit

**SKILL DETAILS**

**KEEP-UPS**
Juggling with an association football using feet, lower legs, knees, chest, shoulders, and head, without allowing the ball to hit the ground.

**AROUND THE WORLD**
This is a basic juggling trick that is done by slightly flicking up the ball with the outer part of your foot and rotating your foot around the circumference of the ball while it's still in the air.

**NECK STALL**
An upper body trick where the freestyler balances the ball on the back of their neck.

**SITDOWN X-OVER**
While seated on the floor and juggling the ball with one foot, the other foot swings back and forth under the ball without letting the ball drop to the ground.

**KNEE STALL**
Balance the ball on their knee, and this can be used to set up combinations of lowerbody tricks.

**SOLE STALL**
Balance the ball on the sole of your foot while lying down. This trick works well in combination with other sit-down tricks.

**CROSSOVER**
While juggling the ball, the freestyler hops and crosses one leg over the top of the ball while kicking it up with the other foot from below.

**KNEE AKKA**
This involves kicking the ball up, hitting it back with the knee, and then kicking it again in the opposite direction.

**THIGH POP**
By gripping the ball between the calf and thigh, flip over and jerk your leg out to launch the ball into the air.

**HEAD STALL**
By balancing the ball on the top of the head. You can transition into almost any trick imaginable.

**SIDEHEAD STALL**
This move is quite similar to the neck stall but the difference is that once you flick the ball in the air it should come to rest on the side of your head.

**#WORLDFEST2021**
Most of the skills can be done by substituting the football with anything appropriate (socks, toilet paper, be creative). Incase a skill is not doable without a football, You can use letter 'B' instead and do 10 Pushups.

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