



Idaho Rush has set up the 50K Touch Challenge for all U10 through U14 boys and girls involved within our club. This program is designed to improve your touches on the ball along with developing and mastering your ball skills.

The 50K Touch Challenge has been structured for individuals to master their ball mastery skills away from their training sessions. Players are to count their touches on the ball every day and total them for the week. Parents and players are required to update their child's score every week to track and see who will have the most touches at the end of the 7 week challenge. You can update your touches below on the 50k touch log.

videos will be uploaded below with ball mastery skills. Players are encouraged to watch the videos and master their ball skills. Practicing juggling, counts towards your touches as well. Don't forget to count your touches every time your foot touches the ball.

The top three boys and girls clubwide with the highest number of touches at the end of the challenge will be awarded with prizes.

### **VIDEO #1**

**VIDEO #2**

[50k Touch](#)  
[Log U10-U14](#)  
[Boys & Girls](#)