

KICK-UP DICE

TRAIN • COMPETE • IMPROVE

1 READY TO TRAIN!!!

Grab a soccer ball, roll both Junaizo Kick-Up Dice, and take on the challenge they reveal. Every roll creates a new challenge, so every training session is fresh, fun, and rewarding. Use this guide to learn the fundamentals of ball juggling, improve your technique, and progress from Level 1 to Level 5. Track your achievements on the progress chart as you develop your control, coordination, and confidence. Learning kick-ups takes patience and practice, especially if you're just getting started. Stay consistent, train with your Junaizo Kick-Up Dice every day, and you'll be amazed at how quickly your skills improve.

2 HOW TO USE JUNAIZO KICK-UP DICE

New to kick-ups? Start with Level 1 and build your confidence one challenge at a time. If you've already mastered the basics, jump straight to Level 2 or beyond. Follow the instructions for each level, complete the challenges, and track your progress on the score chart. Practice consistently, challenge yourself, and most importantly, have fun!



 FOCUS

 PRACTICE

 IMPROVE

 HAVE FUN

3 QUICK START GUIDE

- Roll both Junaizo Kick-Up Dice.
- The orange Dice tells you which juggling skill to perform (for example, Left Foot).
- The Challenge Dice tells you the number of touches or repetitions to complete (for example, 10 REPS).
- Complete the challenge without losing control of the ball.
- Roll the dice again to unlock your next challenge and keep improving.

ROLL
JUGGLE
IMPROVE



4 EXAMPLE CHALLENGE

Orange Dice:
Left Foot

Black Dice:
10

Your Goal:
Complete 10 consecutive kick-ups using only your left foot.

5 ANY COMBINATION

If you roll Any Combination, complete your kick-ups using any mix of body parts allowed in soccer, such as your right foot, left foot, thighs, or head. Stay in control and keep the ball off the ground for as long as possible.



6 LEVEL SYSTEM OVERVIEW

★	LEVEL 1 KICK-UP BEGINNER	Build confidence and learn the basics.
🎓	LEVEL 2 KICK-UP APPRENTICE	Add repetition goals and improve consistency.
👟	LEVEL 3 KICK-UP PRO APPRENTICE	Start every challenge with a ground flick and take your control higher.
🎯	LEVEL 4 KICK-UP SEMI-PRO	Train in a 1m x 1m zone and master precision, balance, and control.
🏆	LEVEL 5 KICK-UP PRO	Complete all challenges and earn the title of Kick-Up Pro!

7 DAILY TRAINING CHALLENGE

🕒	LEVEL 1 KICK-UP BEGINNER	10-20 MINUTES DAILY
🕒	LEVEL 2 KICK-UP APPRENTICE	20 MINUTES DAILY
🕒	LEVEL 3 KICK-UP PRO APPRENTICE	20 MINUTES DAILY
📅	LEVEL 4 KICK-UP SEMI-PRO	1-3 DAY CHALLENGE (NO TIME LIMIT)
🏆	LEVEL 5 KICK-UP PRO	UNTIL YOU COMPLETE IT!

DISCIPLINE TODAY, KICK-UP PRO TOMORROW! ⚽

8 MASTER ALL LEVELS

Player Name: _____ Date Completed: _____

Successfully Completed:

☐ Level 1	Kick-up Beginner	☐ Level 4	Kick-up Semi-pro
☐ Level 2	Kick-up Apprentice	☐ Level 5	Kick-up Pro
☐ Level 3	Kick-up Pro Apprentice		

Coach/Parent Signature: _____



9 BONUS CHALLENGES

 **100 TOUCH CHALLENGE**

☐ Complete 100 consecutive kick-ups.

 **WEAK FOOT CHALLENGE**

☐ Complete 20 consecutive kick-ups using only your weaker foot.

 **60 SECOND CHALLENGE**

How many kick-ups can you complete in 60 seconds? Best Score: _____

 **FRIEND CHALLENGE**

Compete against a friend and see who can get the highest score! Highest Score: _____

KEEP CHALLENGING YOURSELF AND HAVE FUN!

10 TRACK YOUR PROGRESS

CONSISTENCY TODAY, EXCELLENCE TOMORROW! 🔄

LEVEL	COMPLETE	DATE
LEVEL 1	☐	__/__/__
LEVEL 2	☐	__/__/__
LEVEL 3	☐	__/__/__
LEVEL 4	☐	__/__/__
LEVEL 5	☐	__/__/__

PERSONAL RECORDS

Most Consecutive Kick-Ups: _____

Best Right Foot Score: _____

Best Left Foot Score: _____

Best Any Combination Score: _____

11 KICK-UP CHALLENGE ACTIVITY

Push your limits and see how far you can go!

10 TOUCHES

25 TOUCHES

50 TOUCHES

75 TOUCHES

100 TOUCHES

 **GOAL: REACH YOUR HIGHEST NUMBER OF CONSECUTIVE KICK-UPS WITHOUT LOSING CONTROL OF THE BALL!**

1

LEVEL 1 KICK-UP BEGINNER

7-Day Challenge
(10-20 Minutes Daily)

Welcome to the first step of your kick-up journey!

This challenge is all about patience, consistency, and building confidence. Every great player started with the basics, and every successful touch brings you one step closer to mastering the ball.

Your goal isn't speed, it's consistency. Focus on improving your control one touch at a time, and don't be discouraged if you make mistakes. Progress comes through regular practice.

LET'S GET STARTED

- For Level 1, use only the orange Dice.
- Roll the orange Dice to reveal your juggling challenge (for example, Left Foot or Right Foot).
- Practice that skill continuously for 2 minutes.
- Roll again for a new challenge.
- Repeat 5–10 times during your training session.
- Enjoy the process, stay consistent, and most importantly, have fun!

PRO TIP

If you're just starting out, lifting the ball from the ground can be difficult. Begin by holding the ball at waist height and gently dropping it onto your foot to start your kick-ups. As your confidence grows, practice flicking the ball up from the ground using your foot.

2

LEVEL 2 KICK-UP APPRENTICE

7-Day Challenge
(20 Minutes Daily)

Congratulations on completing Level 1!

You've built a solid foundation, and now it's time to increase the challenge by introducing the Challenge Dice.

This level is designed to improve your consistency while encouraging you to complete specific juggling goals. Try to train every day, stay patient, and trust the process.

- LET'S GET STARTED
- This time, roll both Junaizo Kick-Up Dice.
 - The orange Dice tells you which juggling technique to perform.
 - The Black Dice tells you how many touches or repetitions you must complete.

EXAMPLE

Red Dice:

Left Foot

Black Dice:

10

Challenge:

Complete 10 consecutive kick-ups using only your left foot.

Spend up to 2 minutes completing each challenge. If you finish before the time is up, roll both dice again and take on a new challenge. Continue until your training session is complete.

PRO TIP

If you've been starting each challenge by dropping the ball from your hands, now is the perfect time to begin flicking the ball up from the ground using your foot. This will help develop better control and prepare you for more advanced juggling techniques in the next levels.

3

LEVEL 3 KICK-UP PRO APPRENTICE

7-Day Challenge
(20 Minutes Daily)

Congratulations! You've reached Level 3 and are making great progress on your kick-up journey.

At this stage, it's time to take your ball control to the next level. From now on, every challenge must begin by flicking the ball up from the ground using only your feet. This helps develop the control and technique needed in real match situations.

LET'S GET STARTED

- Roll both Junaizo Kick-Up Dice.
- Once you've successfully completed the challenge, roll again to reveal your next one.
- Complete the challenge exactly as shown by the dice.
- Continue this process for 20 minutes a day, 7 days in a row.

Stay disciplined, avoid skipping challenges, and focus on improving with every session. The more consistent your practice, the faster your skills will develop.



MOST IMPORTANTLY—CHALLENGE YOURSELF, ENJOY THE PROCESS, AND HAVE FUN!

4

LEVEL 4 KICK-UP SEMI-PRO

1–3 Day Challenge (No Time Limit)

Congratulations! You've reached Level 4—a major milestone on your journey to becoming a Kick-Up Pro.

At this level, the focus shifts from simply keeping the ball in the air to developing precision, balance, positioning, and complete ball mastery. Controlling the ball in a limited space will improve your composure and close control during real matches.

LET'S GET STARTED

- Mark out a 1m × 1m (3 ft × 3 ft) square using cones, markers, or any visible objects.
- This is your Kick-Up Zone.
- Roll both Junaizo Kick-Up Dice.
- Complete the challenge without letting the ball touch or go outside the Kick-Up Zone.
- Once you successfully complete the challenge, roll again for a new one.
- Continue this process for 1–3 days of training.



PRO TIP

Focus on small, controlled touches and body positioning. Staying inside the Kick-Up Zone will greatly improve your balance, awareness, and overall ball control.

5

LEVEL 5 KICK-UP PRO

Until You Complete It!

Welcome to the final level! This is where true Kick-Up Pros are made.

At this stage, you must complete every single challenge that the Junaizo Kick-Up Dice offer. There are no limits now—just you, the ball, and your determination.

LET'S GET STARTED

- Roll both Junaizo Kick-Up Dice.
- Complete the challenge as indicated by the dice.
- Keep rolling and completing challenges one after another.
- Only stop when every challenge has been successfully completed.
- Mark your progress on the chart as you complete each challenge.
- Stay focused, stay consistent, and finish strong!

CONGRATULATIONS! YOU'VE COMPLETED ALL FIVE JUNAIZO KICK-UP LEVELS. KEEP PRACTICING, KEEP IMPROVING, AND NEVER STOP CHALLENGING YOURSELF!

6

TRACK YOUR PROGRESS

LEVEL	COMPLETE	DATE	PERSONAL RECORDS
LEVEL 1	☐	__/__/____	Most Consecutive Kick-Ups: _____
LEVEL 2	☐	__/__/____	Best Right Foot Score: _____
LEVEL 3	☐	__/__/____	Best Left Foot Score: _____
LEVEL 4	☐	__/__/____	Best Any Combination Score: _____
LEVEL 5	☐	__/__/____	Longest Time In Kick-Up Zone (Level 4)

★ NOTE: Be honest, be consistent, and be proud of every step you take toward your goal!

7

KICK-UP CHALLENGE ACTIVITY

Push your limits and see how far you can go!

10 TOUCHES

☐

25 TOUCHES

☐

50 TOUCHES

☐

75 TOUCHES

☐

100 TOUCHES

☐

GOAL: REACH YOUR HIGHEST NUMBER OF CONSECUTIVE KICK-UPS WITHOUT LOSING CONTROL OF THE BALL!

8

PRO TIPS

- If you're just starting out, lifting the ball from the ground can be difficult. Begin by holding the ball at waist height and gently dropping it onto your foot to start your kick-ups.
- As your confidence grows, practice flicking the ball up from the ground using your foot.
- Stay consistent and train with your Junaizo Kick-Up Dice every day.
- Focus on control, not speed. Quality touches lead to better results.
- Be patient with yourself and enjoy the journey. Progress comes with practice!
- Challenge yourself, stay positive, and have fun!

10

BONUS CHALLENGES

100 TOUCH CHALLENGE

☐ Complete 100 consecutive kick-ups.

WEAK FOOT CHALLENGE

☐ Complete 20 consecutive kick-ups using only your weaker foot.

60 SECOND CHALLENGE

How many kick-ups can you complete in 60 seconds?

Best Score: _____

FRIEND CHALLENGE

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Highest Score: _____

KEEP CHALLENGING YOURSELF AND HAVE FUN!

DISCIPLINE TODAY, KICK-UP PRO TOMORROW!



AIM FOR ACCURACY BEFORE POWER.



KEEP YOUR EYES ON THE BALL.



LOCK YOUR ANKLE FOR A CLEAN STRIKE.



PRACTICE EVERY DAY TO GET BETTER.



USE ALL ALLOWED BODY PARTS.



HAVE FUN AND ENJOY THE PROCESS!

J JUNAIZO