



New England Skills Challenge

DAY 1 – Maine (ME)

**Goal: Get 2,000 Touches Each day to have
12,000 touches this week.**

200 Toe Touches – 2 sets

200 Double Toe Touches – 2 sets

200 Brazilian Toe Touches – 2 sets

200 Side to Side Toe Touches – 2 sets

200 Side to side Double Toe Touches - 2 sets



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[Maine Skills Challenge Video](#)

Far Post Connections to Maine:

- Far Post has been going to the Coastal Challenge Tournament in Brunswick, Maine for over 20 years!
- Coach Adrian DuBois was head coach for five years at St. Joseph's College in Standish, Maine.
- Far Post has had numerous players play college soccer at the following schools in Maine: Bowdoin College, Colby College, Bates College, University of Southern Maine, St. Joseph's College & Unity College.
- Coach Reed Carr's family spends a week in a cabin at Popham Beach State Park (minutes from the Coastal Challenge) every June. His family has done this for more than 60 years!
- Coach Anna Krause spent her favorite camping trip so far in Acadia National Park.

Interesting Facts About Maine:

- Maine is the biggest state in New England with 30, 862 square miles, but it still only the 39th biggest state in the country.
- Maine has more coastline than California! Only Louisiana and Florida have more.
- Maine is famous for lobster and blueberries, yum!
- Maine has the largest toothpick manufacturing plant in the entire US.