



Learn to Juggle

Try these steps to improve your ball juggling.

Activation:

1) Movement without the ball:

- Running on the spot - quick feet. Add high knees.
- Take three steps and then stop, standing on just one foot.
- While standing on one foot, lift your knee and extend leg.
- Perform several times on both sides to test your balance.



Ignition Activities:

2) Thighs

- Drop ball from hands, lift thigh to strike ball, and catch.
- Try two juggles, then catch.
- Switch to opposite thigh and repeat.
- Try alternate thighs then a catch. Try multiple sets before catch.
- Try to use mid thigh and strike ball straight up (mid-line).



3) Feet

- Drop ball from hands, “lock” ankle, lift foot to strike ball, catch.
- Try two juggles, then catch.
- Switch to opposite foot and repeat.
- Try alternate feet then catch. Try multiple sets before catch.
- Try to use laces of shoe and strike ball straight up (mid-line).
- If toes are up, ball will have back-spin.
- If toes are pointed, ball will have less/no spin.



4) Freestyle

- Try keeping the ball up in the air using different body parts.
- Start with 1x juggle + 1x bounce, then 2x juggle + 1x bounce...
- Try other objects - balloon, beach ball, tennis ball, paper ball...

Game:

5) Soccer Tennis

- Pass the ball over a net/obstacle to a partner.
- Start with a bounce and then play the ball in the air.
- Partner catches ball (before or after bounce). Repeat.
- Progress to playing continuously without a catch.

