



MC United Juggling Club

Juggling a soccer ball is a great way to improve mastery of the ball, which will help you during matches and give your confidence a boost. Juggling will build skills in three different ways¹:

- By improving ball control and touch.
- By improving coordination.
- By improving reactions.

The **MC United Juggling Club** is a fun way for players to become more technical (fundamentally sound). It will also encourage them to use their soccer ball on a more consistent basis. Juggling is a very useful tool in helping players to “own” the ball.²

Daily juggling at home is best. Work on all surfaces of your body until you are comfortable using any body part to control the ball. Your touches will increase as you practice and have fun. You can juggle any time you want, it just takes you, a ball and a little space. **Challenge yourself and keep track of your personal best.** Here is how to “join” the MC United Juggling Club and earn a medal:

A parent or coach must observe the achievement (feel free to also take a video to show off your skills, but not required). Make sure the ball is properly inflated.

Under 9-10 = 12 touches

Under 11-12 = 25 touches

Under 13-19 = 100 touches

Ball must be kept in the air for consecutive touches. Player returns to zero if ball hits the ground.

U9-U10 may start with their hands, 1st touch must be with the foot, & all body parts count as a point/touch.

U11-U17 must use feet to pick up the ball. Touches with the feet count toward the total number of juggles. All other body parts can be used but they do not count toward the total number of juggles. For example: foot, foot, thigh, head, foot, counts as 3 juggles.

Once you have achieved your goal please send an email to fox.sharon@gmail.com and we will provide a medal and place your name on our web site on our MCU Juggling Club board (includes first name, last initial, date achieved, age group and team). If you send us a video, we will post on Facebook. ☺ Good luck and have fun!

Here are some instructional videos:

<https://www.youtube.com/watch?v=krSBbunxdUg>

<https://www.youtube.com/watch?v=QuUL5pgkP3I>

<https://www.youtube.com/watch?v=skXhhHv9vWo>

<https://www.youtube.com/watch?v=Zy4boalj0I>

¹ <https://www.soccercoachweekly.net/soccer-drills-and-skills/soccer-juggling-drills-for-better-ball-control/>

² Thank you to Madison Area Youth Soccer Association for sharing this great idea.