

WHY WE JUGGLE...

COACH, WHY DO YOU HAVE US JUGGLE SO MUCH?

TO IMPROVE YOUR FIRST TOUCH...



YOU'LL USE IT ALOT AS YOU DEVELOP, THE BALL'S OFTEN IN THE AIR OR BOUNCING. LOOK AT THIS EXAMPLE:

TAKING A BALL OUT OF THE AIR...



FLIPPING IT OVER YOUR HEAD ON THE TURN



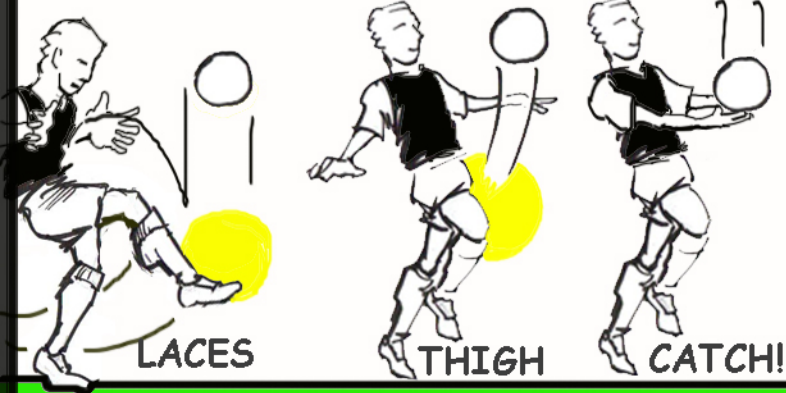
USING THE BOUNCE TO SCORE A GOAL...THEY'RE PART OF THE GAME!



BUT SERIOUSLY, WHEN WILL I EVER DO THIS IN A GAME????

HOMework

DROP THE BALL-PLAY IT-CATCH IT...



LACES

THIGH

CATCH!

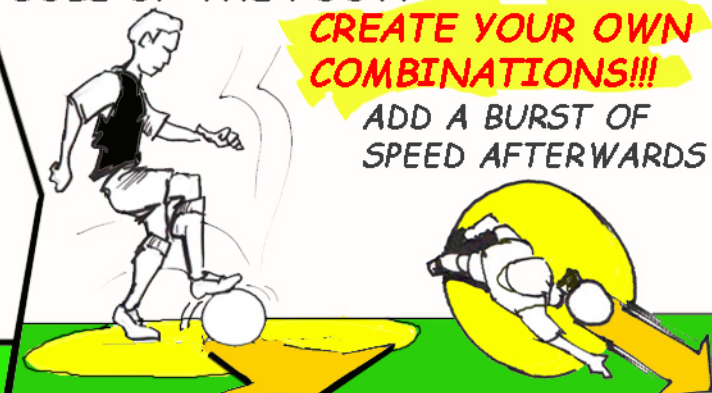


HEAD IT, CATCH IT...

TOSS, CHEST...



SOLE OF THE FOOT.

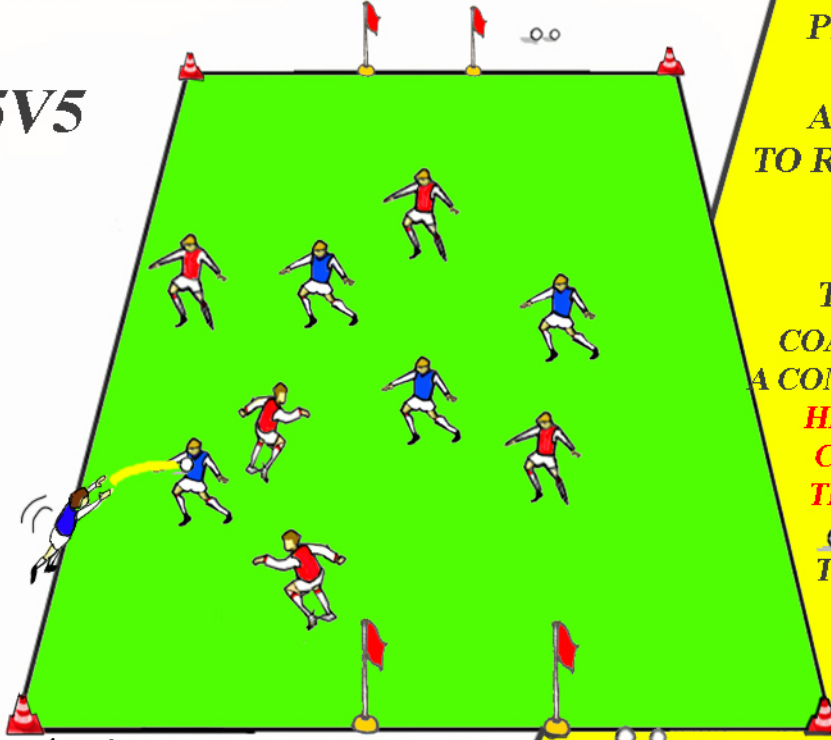


CREATE YOUR OWN COMBINATIONS!!!

ADD A BURST OF SPEED AFTERWARDS

JUGGLING IN SMALL SIDED GAMES:

5V5



PLAYERS PLAY WITH SPECIAL ATTENTION TO RECEIVING THE BALL AFTER A THROW-IN. COACHES PICK A COMBINATION; HEAD-LACES, CHEST-SOLE, THIGH-HEAD, ETC. THE BALL IS IN PLAY ONCE IT'S UNDER CONTROL..

NOW DO YOU SEE WHY WE JUGGLE???

ABSOLUTELY...NOW CAN WE SCRIMMAGE?



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