

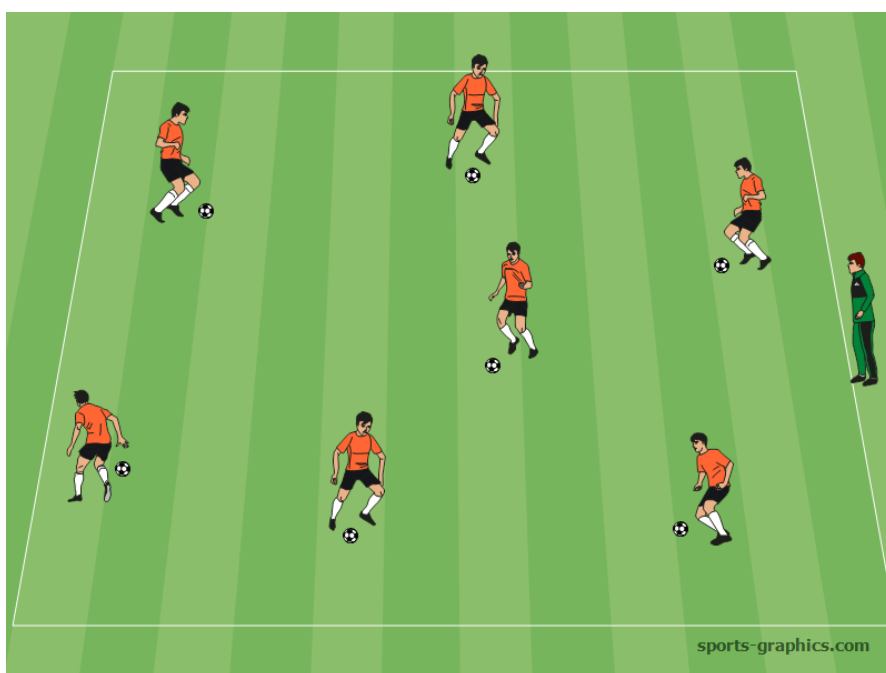
JUGGLING EXERCISES

For improving ball familiarisation and touch

TECHNICAL

Ball Manipulation

Ball Familiarity Exercise



START – Juggling 1

Players start with a ball in their hands and drop it onto one foot, then catch it when it comes back up.

Encourage players to use their laces with toes pointed upwards on contact. This will ensure the ball spins backwards instead of away. (A more advanced version is to bring the foot up flat to prevent the ball spinning.) Encourage players to alternate between left and right feet.

PROGRESSION – Juggling 2

This same as Juggling 1 but this time the players drop the ball onto the thigh.

PROGRESSION – Juggling 3

Players start with a ball in their hands and drop the ball to the thigh. They then juggle the ball from the thigh to the foot, and then back to the hands using their favoured leg,

and then repeating with the other leg.

PROGRESSION – Juggling 4

Players start with the ball in their hands and drop the ball to the foot. Juggle alternating left and right feet then catch the ball.

PROGRESSION – Juggling 5

Starting with the ball on the floor, players use the sole of the foot to roll the ball towards the body and try to flick the ball up by getting the foot under the ball. Players catch the ball and start again using both left and right feet.

VARIATIONS AND PROGRESSIONS

PROGRESSION – Juggling 6

Each juggling 5, the varied the ball is flicked up players juggle the ball to the other foot before catching it. Each juggling 5, the varied the ball is flicked up players juggle the ball to the other foot before catching it. Examples such as changing the rules, the size of the area, overloading the advantage of one team, varying the focus, or setting team challenges will keep players motivated and all attribute to good coaching methodology.

LEARNING OUTCOMES

- Improve basic ball manipulation.
- Players will improve balance , coordination and feel for the ball.
- To improve touch through ball manipulation techniques.

KEY FACTORS

- Close control of the ball
- Knees slightly bent
- Light on feet
- Positive attitude
- Relax on the touch
- Rhythm

FOCUS AREAS

- Encourage players to practice ball juggling at every opportunity.
- Observe players progress and challenge players further by introducing different combinations.

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