**WINTER TRAINING ACADEMY -JUGGLING WORKSHEET U9**

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| TECHNIQUE |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1. RIGHT FOOT |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  2. LEFT FOOT  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 3. BOTH FEET (ALTERNATE) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 4. RIGHT FOOT, RIGHT QUAD |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 5. LEFT FOOT, LEFT QUAD |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 6. EITHER FOOT (1 BOUNCE IN BETWEEN) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| GRAND TOTALS  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

**WINTER TRAINING ACADEMY -JUGGLING WORKSHEET U10/u11**

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| TECHNIQUE |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1. RIGHT FOOT
 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1. LEFT FOOT
 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1. BOTH FEET (ALTERNATE)
 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1. RIGHT FOOT, RIGHT QUAD
 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1. LEFT FOOT, LEFT QUAD
 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 6. CROSSOVER – R FOOT, L QUAD, L FOOT, R QUAD |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 7. EITHER FOOT(1 BOUNCE IN BETWEEN) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| GRAND TOTALS  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

**WINTER TRAINING ACADEMY -JUGGLING WORKSHEET U12/U14**

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| TECHNIQUE  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1. RIGHT FOOT
 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 2. LEFT FOOT |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  3. BOTH FEET (ALTERNATE) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  4. RIGHT FOOT, RIGHT QUAD |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  5. LEFT FOOT, LEFT QUAD |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  6. CROSSOVER – RIGHT FOOT, LEFT QUAD, LEFT FOOT, RIGHT QUAD |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1. EITHER FOOT

(1 BOUNCE IN BETWEEN) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **8. HEADERS** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **9. RIGHT FOOT, HEADER** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **10. LEFT FOOT, HEADER** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **GRAND TOTALS**  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

**HOW TO USE THIS WORKSHEET:**

This is your scorekeeping worksheet. This is where you record your daily scores. The plan is that you spend 20-30 minutes each day working on these techniques to keep improving your score (and your touch on the ball in the process!). So just print out a few copies of your age relevant worksheet and keep track of your scores and improvements.

* **When recording your scores, you have 1 minute to perform each technique. After each minute you take your AGGREGATE score and that is what you write in the box. So, for example, if you juggle 3 times with your right foot and then drop it, you immediately start again and begin counting at 4. After 1 minute if you are at 24 then that is what you write in the box and that is what you hope to beat tomorrow. Then move on to the next technique and on until you finish. Add up your scores for that day and write that number in the Grand Total box.**
* **For technique #2, you only get points for alternating. So if you juggle with your Right Foot twice in a row then it is only 1 point, not 2. The second point only comes when you juggle Right, Left, etc.**
* **For techniques #4/#5, each time you touch the ball with your Right/Left Quad immediately after your Right/Left Foot, it is a point.**
* **For technique #6, you need to achieve all 4 touches in a row to score a point. (Don’t worry if this is a low score, remember the whole point is that you are looking to improve your score for each technique in order to have a higher grand total at the end of the program).**
* **A MODIFIED version of any of the worksheets would be for the players to bring in catching the ball after each successful touch. For example, in technique #3, right foot touch, right quad touch equals 1 point. Then drop the ball down to foot again. The catching element can give inexperienced jugglers a chance to regroup and go again with success.**
* **Lastly, EVERYONE can improve their juggling (and thus their first touch) but it takes practice (and patience) and repetitions. Stick with it! You’ll be amazed and your scores at the end of the program if you commit to the few minutes each day.**
* **If you have any questions at all on this worksheet or the exercises then please come speak to the coaching staff at any of the weekly sessions or email me at sdonnelly7@hotmail.com.**