

Newton Girls Soccer

“Kick It Up!” Juggling Chart

NGS Families,

Newton Girls Soccer is introducing our ***Kick It Up! Juggling Challenge***. Soccer players are always told to work on their juggling technique, *but do you ever wonder why* since one doesn't juggle during a soccer match?



In a game situation, the ball comes at a player at all heights and in all different directions. A player needs to have a great first touch to be able to control the ball out of the air cleanly and quickly. Juggling helps a player find a connection between her mind, her foot and the soccer ball which improves balance, strength, timing, coordination, concentration, striking, passing, discipline and confidence. In addition, juggling is a great activity that a player can do on her own and with very little space or preparation! It is also fun to break your own record and impress others!

The “Kick It Up!” Juggling Chart will give you an idea of where you can start as a juggler. It can be frustrating at times when you are not making as much progress as you may like. Be patient with yourself and ask your coach or a more experienced juggler for some tips. If you put the time in on your own, you might start out at the “High Five” level and end up on the “Dream Team!”

It may be helpful for players to watch this introductory video.

[Fundamentals of Juggling](#)

Have FUN juggling and let your coach know how you are progressing!

GO NGS!!!

