



JUGGLING

Video Reference: <https://www.youtube.com/watch?v=krSBbunxdUg>
Soccster(YouTube) - Juggling a Soccer Ball for
Beginners - Tutorial

Set Up:
Just need a ball and some space to juggle



Drill:
Juggling can seem like an "advanced" skill but the video above gives a great drill progression that will take our Juniors players from the ground up to our Academy players who can work some of the more difficult drills. The main point is TRY IT! Getting a ball on your young athletes foot is the main thing; whether it's sitting and doing the foot pumps or actually juggling. Plan to do more Motion touches if your player struggles too long in this drill. But keep giving it a try!



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