

## 2012 Spring Recreational Practice Curriculum

### Juggling Sheet for Curriculum

It is extremely important that juggling a soccer ball is a part of every session at every age. From the youngest to the oldest, juggling teaches players comfort and confidence on the soccer ball. It gets players touches when they are idle, can be used in an active rest situation, can be used to create fun games for the players and a great way for players to practice on their own. Please use the following table as recommended goals for the GLSA Recreational Age Groups.



### Pre Kindergarten and Kindergarten

Drop and Catch - drop ball out of hands, bounce on thigh and catch. Repeat. Do same with feet - use laces.  
Balloon ball - bring ballons to practice and have kids try multiple juggles with a balloon - the air will help them keep the balloon up in the air.

### 1st and 2nd Grade

Drop and Catch - drop ball out of hands, bounce on thigh and catch. Repeat. Do same with feet - use laces.  
Progress to multiple juggles - where players do not let the ball touch the ground.  
Goals - feet only - 4, thighs only - 5, all surfaces - 8.  
One bounce juggling - use all surfaces - ball is allowed bounce on the ground one bounce at a time as juggler attempts as many as they can. - Goal - 20

### 3rd and 4th Grade

Drop and Catch - drop ball out of hands, bounce on thigh and catch. Repeat. Do same with feet - use laces.  
Progress to multiple juggles - where players do not let the ball touch the ground.  
Introduce Head Juggling at this age - players try to keep ball in the air using their forehead.  
Goals - feet only - 8, thighs only - 10, head only - 5, all surfaces - 15.  
One bounce juggling - use all surfaces - ball is allowed bounce on the ground one bounce at a time as juggler attempts as many as they can. - Goal - 35

### 5th and 6th Grade

At this age players may not use their hands to start the juggle - they must use their feet to lift ball into the air.  
Progress to multiple juggles - where players do not let the ball touch the ground.  
Goals - feet only - 12, thighs only - 15, head only - 8, all surfaces - 18.  
One bounce juggling - use all surfaces - ball is allowed bounce on the ground one bounce at a time as juggler attempts as many as they can. - Goal - 50

### 7th to 9th Grade

At this age players may not use their hands to start the juggle - they must use their feet to lift ball into the air.  
Progress to multiple juggles - where players do not let the ball touch the ground.  
Goals - feet only - 15, thighs only - 20, head only - 10, all surfaces - 25.  
One bounce juggling - use all surfaces - ball is allowed bounce on the ground one bounce at a time as juggler attempts as many as they can. - Goal - 75