



GOAL: Improve my juggling record from \_\_\_\_\_ to \_\_\_\_\_

Things to consider:

- Being able to juggle requires a lot of repetition. Remember that beating a juggling score is a process. Being stuck on a number can be hard, but if you keep getting the repetition, you'll beat your score.
- Though you can juggle the ball with multiple surfaces (thighs, chest, shoulder, head, etc.), try to keep the ball up with your feet as that is the surface you'll use most in your games.
- You'll need to track this goal. Can you write down your juggling record somewhere you'll see it? Update when you beat it!

Things you can do outside of practice	Things you can do at practice	Things you can do to help with games
<p><b>Introduction to juggling exercises:</b></p> <ul style="list-style-type: none"> <li>• Kick and catch – (<a href="#">Click Here for Video</a>)</li> <li>• Kick and bounce – (<a href="#">Click Here for Video</a>)</li> <li>• Both feet and thighs, no bounce – (<a href="#">Click Here for Video</a>)</li> </ul> <p><b>Different types of juggling exercises:</b></p> <ul style="list-style-type: none"> <li>• Varying heights and controlling touches – Use video up to 8:30 (<a href="#">Click Here for Video</a>)</li> <li>• Wall juggling – Start with one bounce and progress to no bounce (<a href="#">Click Here for Video</a>)</li> <li>• Sit down juggling – (<a href="#">Click Here for Video</a>)</li> </ul> <p><b>Watch the best:</b></p> <ul style="list-style-type: none"> <li>• Men's Freestyle 2024 Final – (<a href="#">Click Here for Video</a>)</li> <li>• Women's Freestyle 2021 Final – (<a href="#">Click Here for Video</a>)</li> </ul>	<p><b>Attitude:</b></p> <ul style="list-style-type: none"> <li>• Come to practice wanting to improve on your goal and have fun. Can you take advantage of the time juggling in practice to improve?</li> <li>• Growth mindset: we can improve if we're focused on learning and put in our best effort.</li> </ul> <p><b>Focus:</b></p> <ul style="list-style-type: none"> <li>• Listen to your coach and do your best to apply any instructions into the session.</li> <li>• When you're learning something new, we need to put more focus on the technique. After many repetitions, the focus can then shift as you can do the technique without as much thought.</li> </ul> <p><b>Effort:</b></p> <ul style="list-style-type: none"> <li>• Get the most out of every repetition.</li> <li>• When the ball drops (it always does), how quickly can you start juggling again?</li> </ul>	<p>Though there's times to use juggling in the game, most likely you will try and control the ball on the ground or bring it out of the air. Juggling helps with both.</p> <p><b>In warmups:</b></p> <ul style="list-style-type: none"> <li>• Juggling is a great warmup to get your feet moving and making sure you feel comfortable with the ball before the game begins.</li> </ul> <p><b>Once the game begins:</b></p> <ul style="list-style-type: none"> <li>• When the whistle blows to start the game, trust yourself and your preparation. GO ENJOY IT!</li> </ul>

**Short Term Goals:** \*Note these are just examples. Feel free to come up with different ideas you can do consistently throughout the season that will help you achieve your goal\*

- Outside of practice: Spend (your choice) of minutes doing one (or more) of the exercises. Do these exercises (your choice) days a week.
- At practice: Rate yourself on a 1-10 scale (1 being your worst 10 being your best) on your attitude, focus, and effort after every practice. Can you consistently be at an 7-10?
- Games: Try mental repetitions before each game (night before, car ride, etc.). After the game, did you think it worked? Why or why not?