



SISA SPRING 2014 JUGGLING COMPETITION



COMPETITION RULES

- Players have 60 seconds to do as many juggles as they can.
- If the ball hits the ground and a player has done 4 juggles they will continue their count from 4
- Players can use their hands to start juggling (ball can be picked up)

WHAT IS JUGGLING?: Juggling is the art of keeping the soccer ball from hitting the ground by bouncing it off of one's foot, thigh, head, chest, back or shoulders (no hands or arms as in a game). Soccer juggling will strengthen a player's overall ball control and game. Juggling is a fundamental soccer skill that is a must in establishing good "touch" with the soccer ball.

PURPOSE: The purpose of the Juggling is to establish a fun and creative way to encourage players to become more technical. It also will inspire them to use their soccer ball on a more consistent basis with a goal in mind. Juggling is not something that can be used to determine a soccer player's ability, however, it is a useful tool to help players "own" the soccer ball and to develop a better touch on the ball.

May 2, 2015 9am – 12pm

STUMPY CREEK PARK

How to take part, just show up at Stumpy Creek Park and check-in at the concessions stand

**There will be a girl and boy winner for each of the following age groups
U6 / U8 / U10 / U12 / U14 / High School
EACH WINNER WILL RECEIVE A T-SHIRT**

