

## M.I.G. Soccer

*Juggling For the Beginning Beginner:*

1. Decide to stop saying that you can't juggle.
2. Pick up the ball and let's go.

Begin with the ball in your hands at waist level. Hold the ball close to your body so that your elbows are at your sides touching just above your hips. Tilt your head forward and curl your shoulders so that your eyes are above the center of the ball. Drop the ball and kick it back up with your laces so that you catch the ball about waist height again. Try to keep your feet low to the ground as you kick the ball. As you become more familiar with the technique you will realize that keeping your feet low makes it easier to maintain your balance. Repeat with the other foot. The object is to develop a feel for kicking the ball up to the same height and same spot every time.

Here is the program:

1. Drop to your right foot, kick with laces, catch and shuffle feet (reset balance).
2. Left foot, catch, shuffle.
3. Right, catch, shuffle. That's 3 in a row. When you can do 10 in a row without dropping, you are ready for the next level of difficulty.
4. Right, left, catch, shuffle.
5. Left, right, catch, shuffle. Work until you can do 10 in a row without dropping.
6. Right, left, right, catch, shuffle, left, right, left, catch, shuffle. 10 in a row.
7. Right, left, right, left, catch, shuffle. Left, right, left, right, catch, shuffle.

Again the object is to develop a feel for juggling the ball up to the same height and same spot with every touch. Remember to keep your feet close to the ground for good balance. Once you can complete this you are ready to begin to use the juggling chart to keep track of your progress. Be patient with yourself, but work hard and commit to practice juggling. It will help to develop balance, coordination, and perseverance as improvement fuels motivation. This is a foundation for achieving great skill.