

# M.I.G. SOCCER

## JUGGLE CHART 2.0 (*Advanced Juggling*)

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Bounce Juggling (Right Foot)</b>							
<b>Bounce Juggling (Left Foot)</b>							
<b>Bounce Juggling (Alternate Feet)</b>							
<b>Basketball Dribble (Right Foot)</b>							
<b>Basketball Dribble (Left Foot)</b>							
<b>Basketball Dribble (Alternate Feet)</b>							
<b>Gravity Drops (Alternate Feet)</b>							
<b>Scoops Alternate (Left &amp; Right)</b>							
<b>“Zidane” Scoops (Right to Left)</b>							
<b>“Zidane” Scoops (Left to Right)</b>							