

M.I.G. Soccer

Juggling Chart Instructions

The juggling chart is a tool for players to measure their progress in skill development. The absence of concrete statistics in soccer makes it difficult to measure improvement. Wins, losses, goals and assists never tell the whole story. “Beat your own record” games, such as juggling, are a terrific way to develop skill and coordination. In addition, when a player sees that consistent practice yields consistent improvement the juggling chart becomes a strong motivator.

Instructions:

1. For each category on the left side of the chart you will work for a set amount of time.

(I recommend between 3-5 minutes each, that will allow you to complete the juggling workout in about 30 minutes.)

Whatever time you choose, keep it consistent throughout so you get an accurate measurement in your progress.

2. At the end of the set time (ex. 3 minutes) record your highest number of consecutive juggles.
3. Repeat the process for each category (body part).

Repeat the chart and record scores each day. Be sure to record the dates to keep track of your progress long term. Each page includes 4 weeks of charts. Keep them in a folder to be able to look back. Progress may come slowly at first, but with consistent practice you will see a dramatic improvement in your juggling scores and feel for the ball.

Good Luck and stick with it.

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