



WCUSC JUGGLE SHEET

	Left Foot	Right Foot	Alternate	Thigh	Head	All In	Total
Sunday							
Monday							
Tuesday							
Wednesday							
Thursday							
Friday							
Saturday							
Total							
Sunday							
Monday							
Tuesday							
Wednesday							
Thursday							
Friday							
Saturday							
Total							



Address: PO Box 5, Westtown, PA 19395
 Office: 610-399-5277 Fax: 610-399-5260
 Web Site: www.wcusc.org



SOCCER JUGGLING

Juggling is the best way to improve a young soccer player's touch on the ball, it also has several other benefits:

- Improves players reaction speed
- Improves players level of concentration
- Improves players confidence
- Improves players ability to control their bodies
- Improves players decision making
- Improves players first touch
- Allows players to set goals

Set yourself a juggling challenge.....how fast can you reach 50 / 100 / 300 / 500 or 1000 juggles!



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