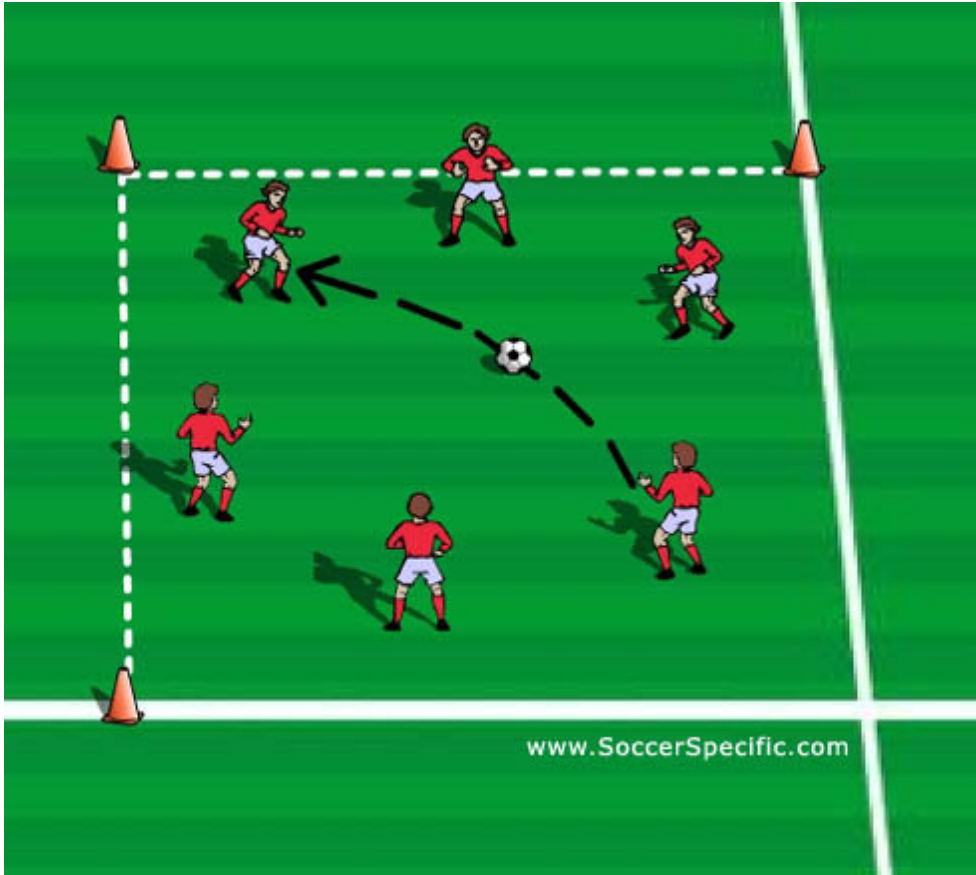


Competitive Team Juggling

Emphasis: Passing, receiving, ball control



Set-up:

Divide your team into groups of six. Each group is arranged in a circle with one ball.

Objective:

The players must keep the ball in the air, and each time the ball is passed to a new player, they must dictate how many juggles that player must perform. Play continues until the ball hits the ground. The player at fault receives a “strike”. After the 3rd “strike”, that player is eliminated and another group is formed. The last player to strike out wins the game.

Progression:

1. Add restrictions:
 - Right foot only
 - Left foot only
 - No thighs
 - Heading only

Coaching Points:

- Stay on your toes and always be prepared to receive the ball.
- Keep the circle nice and tight.