



## Billings United Timbers and Thorns Juggling Challenge

The challenge is to see how many alternating juggles you can get using only your feet.  
You must alternate feet after each juggle.

Each player will keep track of his/her progress. At the end of each week will send the top number of juggles achieved to the billings United Facebook or Instagram  
We will post the top players for each age/gender and the end of each week (Sunday).

### 5 Ways juggling can make you a better soccer player.

**FIRST TOUCH** - The most important skill in soccer today. Without a quality First Touch, the rest of the game falls apart at the higher levels

**RECEIVING THE BALL IN THE AIR OR ON A BOUNCE** - in soccer we always talk about control and speed of play. This point includes both as the faster you can gain control the faster you can do something with it

**PASS A BOUNCING BALL** - this is the combination of the two above points in that it is the ability to 'one-touch' a bouncing ball (or poor pass) and be able to redirect it to a teammate in a usable fashion.

**VOLLEY SHOTS** - players who juggle have trained their leg muscles to adjust the touch to control different angles and speeds so that the foot-to-ball contact has good timing

**CONFIDENCE** - when you can juggle to consistent numbers you have feelings of pride and confidence from the accomplishments.

Set juggling goals each week - motivate yourself to get out and practice!  
Below are a few videos for beginners to help get you started:

Part 1. <https://youtu.be/QuUL5pgkP3I>

Part 2. <https://youtu.be/skXhhHv9vWo>

Part 3. [https://youtu.be/\\_Zy4boalj0I](https://youtu.be/_Zy4boalj0I)

## Juggling Record Sheet

<http://www.billingsunited.net/wp-content/uploads/2020/04/Billings-United-Timbers-Thorns-Juggling-Challenge.pdf>

