

# ***JUGGLING CLUB***

We at **SFSA** strongly feel that a player who puts time and effort into touches with a ball will develop a better touch on a ball. One way to do this is **juggling**. We are offering a competition that will encourage players to improve their skills and to compete against other SF players.

A player must start the ball with his/her feet. Only touches with the feet count towards the goal. A player can use other parts of the body ( laws of the game ) to keep the ball alive.

A player who gets 100 juggles will receive a SFSA 100 Juggle Club white shirt.

A player who gets 150 juggles will receive a SFSA 150 Juggle Club green shirt.

A player who gets 200+ juggles will receive a SFSA 200 Juggle Club black shirt.

We will operate on the **honor** system. When a player achieves his/her goal, they will inform their coach, and the coach, in turn, will report to a board member.

Players that meet any of the goals will be recognized on the SFSA website and will receive a Juggle Club shirt.

At the end of every spring season, the player with the most juggles (100+) will receive a ball during that playing season (fall/spring).

\*For all our 9 and under players, if you get 50+ juggles, you will be recognized on the website.

Good Luck to all players

Get juggling and "keep it up"

# JUGGLE CLUB Practice Log

*Mon.*

*Tues.*

*Wed.*

*Thurs.*

*Fri.*

*Sat.*

*Sun.*

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Week 1

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Week 2

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Week 3

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Week 4

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Week 5

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Week 6

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Week 7

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