

OCTOBER

“Jugglefest”

Every bounce is a conversation between your foot and the ball. The more you talk, the better you understand each other.



Program Rules:

All Pre and Post Test scores must be either witnessed by a Union KC coach and submitted on team tracking form OR must be videoed.

- Complete a Pre-Test of consecutive Juggles - record
- Train - Arsenal Juggling Program OR Techne Modules OR your own program
- Track - use individual training log to record progress
- Complete a Post-Test of consecutive Juggles - record
- Prefer for coach to record all players on team and submit team tracking form
- Players and coaches can submit individual tracking form to mmathis@unionkcsoccer.com

1. **Pre Test** - establish your current level
 2. **Train** - set your goal and start putting in time following provided program and/or Techne modules
 3. **Post Test** - see how you compare to your age group standards
- **Earn Achievement Pin to display on your bag**
 - **Earn chances to win additional Prizes!**

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Earn Rewards!

- Players that achieve Developing or Advanced Standards earn a Union KC "Juggling" pin to display on their backpack. Must be witnessed by coach at practice and / or videoed at home.
- If all players on a team turn in **Pre and Post Test Results by November 3rd** their coach will be eligible for soccer.com gift certificates
- Players that achieve Advanced Standards will be entered into a drawing for soccer.com gift certificates

Age Group Standards

Total number of consecutive juggles without the ball hitting the ground

- **U5-U6** (4-5 years old)
 - *Emerging:* 1-2 touches
 - *Developing:* 3-5 touches
 - *Advanced:* 5-10 touches
- **U7-U8** (6-7 years old)
 - *Emerging:* 3-5 touches
 - *Developing:* 6-10 touches
 - *Advanced:* 15-25 touches
- **U9** (8 years old)
 - *Emerging:* 5-10 touches
 - *Developing:* 15-25 touches
 - *Advanced:* 30-50 touches
- **U10** (9 years old)
 - *Emerging:* 10-15 touches
 - *Developing:* 25-40 touches
 - *Advanced:* 60-100 touches
- **U11** (10 years old)
 - *Emerging:* 15-25 touches
 - *Developing:* 40-75 touches
 - *Advanced:* 100-150 touches
- **U12** (11 years old)
 - *Emerging:* 20-40 touches
 - *Developing:* 75-120 touches
 - *Advanced:* 150-250 touches
- **U13 - U19** (12 - 18 years old)
 - *Emerging:* 30-50 touches
 - *Developing:* 100-150 touches
 - *Advanced:* 250+ touches
- **Emerging** = working toward comfort and control.
- **Developing** = on track for age expectations.
- **Advanced** = showing strong technical foundation and discipline.

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Tools for you!

Techne Training Modules:

All Union KC Players have full access to Techne Training App. The app provides Weekly juggling training modules. Log onto the app and pick a training. The key to juggling is staying consistent and training a little bit every day.

Juggling '16



This is the first training session that ever went live in the Techne App in 2016! This week's juggling is simple but not easy. Players are challenged to practice their consistency.



Union KC ARSENAL JUGGLING PROGRAM:

To help players improve their juggling abilities. The following

progression is suggested DAILY! 15 minutes total!

- Keep Ankle Locked with toe pointed down to create a flat surface for ball to bounce off of
 - The goal is to have limited spin on the ball to max control
 - Keep ball height at first above the knee and below the top of head. As you progress can keep the ball low to increase tempo and can go high with ball to improve touch and skill.
1. Total Body Juggling - 2 minutes
 2. Right Foot Only - 1 minute
 3. Left Foot Only - 1 minute
 4. Alternate Feet - 1 minute
 5. Right Quadricep Only - 1 minute
 6. Left Quadricep Only - 1 minute
 7. Alternating Quadriceps - 1 minute
 8. Head - 1 minute
 9. Foot, Quad, Head Cycles - 2 minute
 10. Foot, Quad, Head, Quad, Foot Cycles - 2 minute
 11. Foot, Quad, Shoulder, Head Cycles - 2 minute
- [Perfect form](#) - We are very into this and we feel the best way to juggle because it simulates the same motion as striking the ball. Toes pointed out / ankle locked / knee bent / shoelace meets ball / foot raises to waist level to meet ball / ball rises to eye level / try to get little to no spin
 - [Beginners should let it bounce](#) and or do one then catch, then increase to 2, then 3, etc.

Why every soccer player should learn to juggle

1. Build Real Muscle Coordination: Juggling strengthens the small stabilizing muscles in your feet and ankles that most players never train.

- Every touch requires you to **extend, lock, and control your ankle** – the same movement you use when striking or passing the ball cleanly.
- Over time, juggling improves the connection between your brain and those muscles, helping you stay balanced and in control during dribbles, traps, and shots.
It's like training your feet to be as coordinated and responsive as your hands.

2. Sharpen Your First Touch: The more you juggle, the softer and smarter your first touch becomes. You'll start to feel how much power you need to use – whether it's to cushion a pass or redirect the ball instantly.

3. Improve Foot-Eye Coordination: Juggling forces your eyes, brain, and feet to work together in perfect timing. The better this connection, the easier it is to react to unpredictable bounces or deflections in a match.

4. Develop Balance and Body Control: You learn how to adjust your body – hips, knees, and shoulders – to keep the ball under control. This builds overall athletic balance, making you quicker and more stable on the field.

5. Build Focus and Confidence: At first, juggling feels frustrating. But once you break your record – 5, 10, 25 touches – you start to see real progress. That focus, discipline, and confidence carry over directly to how you play.

6. Prepare for Real Game Situations: You'll be more comfortable controlling high balls, dealing with weird bounces, or taking a clean first touch under pressure. Juggling gives you that “calm with the ball” feeling every great player has.

7. You Can Train Anywhere: Driveway. Backyard. Indoors. All you need is a ball – no cones, no partner. It's one of the simplest ways to get thousands of quality touches that make you better every day.

Bottom line:

Juggling isn't just a trick – it's how you ***train your touch, strengthen your ankles, and connect your brain to your feet.*** The players with the best control are usually the ones who've juggled the most. Juggling is not easy. It takes time, dedication and consistency to develop **BUT** you can do it if you set a goal, train and stay consistent!