

Barnabas

Soccer Schools

- Encourage, Motivate, Inspire -

Juggling Touch Ladder for Beginners

You don't juggle in a match but juggling develops your first touch. Practicing juggling will improve your control with all areas of your body.

1. Hold the ball in your hand and drop it, kicking it back up with your right lace, repeat with left lace. Aim to do 50 kicks.
2. Hold the ball in your hand, drop it and allow it to bounce, then kick it up with your right lace - let it bounce - then kick it up with your left lace. Try and build up until you can do 50 consecutive touches.
3. Try to complete 25 rounds of this sequence

right foot - bounce - right foot - bounce - right foot - bounce - left foot (if you are left footed take the three touches with left foot and one with right)

4. Try to complete 25 rounds of this sequence. Throw the ball up from your hands and return to hands after each touch.

Hands - right lace - hands - left lace - hands - right thigh - hands - left thigh - hands - head - hands.

5. Try to complete 25 rounds of this sequence

hands - right lace - right lace - left lace - hands - left lace - hands - right thigh - right thigh - right thigh - hands - left thigh - left thigh - hands - head - head - hands

6. Complete this sequence then keep moving up the ladder by adding an extra touch each time; how high can you go?

Round 1: hands - right lace - hands - left lace - hands - right thigh - hands - left thigh - hands - head - hands.

Round 2: hands - 2 x right lace - hands - 2 x left lace - hands - 2 x right thigh - hands - 2 x left thigh - hands - 2 x head - hands.

Round 3: hands - 3 x right lace - hands - 3 x left lace - hands - 3 x right thigh - hands - 3 x left thigh
- hands - 3 x head - hands.

etc.