

Rules

1. Players may only use their feet. Touches with the feet count toward the total number juggles. The players must return to zero if the ball hits the ground. All other body parts can be used but, they do not count toward the total number of juggles. (Ex. If a player uses their thigh to keep the ball in the air it will not be counted, but the players can continue their count with the next touch with their feet. One foot, two foot, three foot would count as three.)

2. Honor System. Players do not need an adult to count or be present. The players are responsible for accurately counting the number of touches on the ball. The director will be responsible for any discrepancies or disputes.

3. The Juggling Club has seven levels of achievement which are: **10, 25, 50, 100, 250, 500** and **1000** touches.

4. Reporting: The players once reaching a level of achievement will notify Colin Bonner & Sef Asheg
cbonner@decparcs.com

sef@decparcs.com

5. Justification: In order to receive your juggle club tags you will have to prove your scores to the Midstate staff or coaches at the following times

- During 10 week teklers program (first 10 minutes we will all juggle)
- During designated times at the complex that are publicized by the staff.
- Upload a **private** video to team app and send a **private** message to Colin Bonner & Sef Asheg (you can include your coach too)

Tips

Patterns: It is helpful to establish a pattern with juggling and stick to the pattern. The weaker foot is always one that causes players the most difficulty. The quickest way to become a better juggler and more importantly develop a better touch is to work on the weak foot specifically. A pattern for a right footed player would be two left one right and continue this pattern. This will be more time consuming and results are slower **INITIALLY**, however in short time the player will have the ability to juggle indefinitely. Dedication and discipline are the keys here and, the dedication will pay off in the long run.

Goal Setting: Set up goals. The goals can be weekly, monthly and yearly. Try to achieve a certain number of juggles by each period of time. The goals become your target. Start slow and with a reasonable goal and your results will start to improve.