



# MAY 11 - 17, U13 - U18 - STC

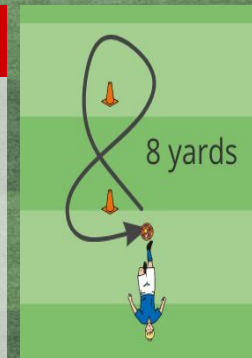
## JUGGLING

**“Figure 8” juggling: 2 minutes (minimum of 2 times this week)**

**Desired outcome:** improve your ability to focus, discipline to restart and conduct this routine at a minimum of two times, agility, balance and coordination by juggle through a course

**Goal:** keep the ball up through the “figure 8” without letting the ball hit the ground (no hands)

- When the ball hits the floor - restart a new “figure 8”
- Count how many times can you make it through the figure 8 without the ball hitting the floor within 2 minutes?
- Record how many times you are able to execute “figure 8” juggling within 2 minutes (one 2 min attempt each day)



## DRIBBLING

**Running with the ball: 4 minutes (minimum of 2 times this week)**

**Desired outcome:** improve your ability to run with the ball in open spaces using the outside of your feet.

Avoid sharp changes in direction

**Directions:**

- Find an open safe area
- Use a stopwatch and set for 20 second increments
- Use the outside of both feet - alternate feet each time you touch the ball
- Light Jog with the ball for 20 seconds, Jog with the soccer ball for 20 seconds, run at a speed that you are not able to hold a conversation for 20 seconds, repeat x 4



Send a weekly email notifying Coaches Caleb and James that you completed this routine a minimum of two times. Include a parent or legal guardian when corresponding with the coaches electronically. Complete all May works for a prize. Email: [cgallanger1@gmail.com](mailto:cgallanger1@gmail.com) & [technicaldirector@blackhillsfc.org](mailto:technicaldirector@blackhillsfc.org)