

The Rushmore Soccer Juggling and Touch Club is here!!!!

Luis Usera, DOPD, will be handing out record books starting the week of October 9th. Each player should record their touches. Games will count for 50 touches and practices for 100. An adult signature is required after each record. There will be incentive prizes given as they player reaches different levels.

What constitutes a touch on the ball?

IE... juggling, lifts, striking the ball with appropriate foot surface, chipping, dribbling and driving balls. *Tapping your foot on top of the ball is **not** touch.*

Juggling... **What is Juggling?** Juggling is the act of keeping the ball off the ground. For soccer players, this means using any part of your body (laces, thigh, chest and head) to maintain control of the ball in the air without using your HANDS!! If you haven't juggled before, try the following: Hold the ball out in front of yourself. Now, drop the ball onto either your laces or thigh, and knock it back into your hands. Once you get a feel for this, try to do it two or three times in a row without using your hands!

Why Juggle? Because juggling can significantly improve your game in many different ways! Your touch on the ball is vital to the game of soccer. If you can juggle the ball consistently, you are more likely to be consistent when receiving and distributing the ball in games. It's a great way for you to learn how the ball reacts to different touches and surfaces. Juggling can also improve your confidence on the ball... not to mention, it is fun!!!

When to Juggle? The best part about juggling is that you can do it almost anywhere and all it takes is YOU and YOUR BALL!! The most effective way to achieving your juggling goals is to PRACTICE ON YOUR OWN! Beating your score and challenging yourself are important keys to improving your game. Juggling a soccer ball with feet, thighs or head is an excellent activity for both beginners and advanced players alike. It's a great warm-up activity and you will notice that after only a few minutes, your heart rate rises and muscles become warm and loose.

Juggling Club Procedures: Most importantly, NO BOUNCES AND NO HANDS! Honor system will be followed. When reporting your juggles, include: your first and last name, year born, and exact number of juggles. Your parent, coach, or DOPD must witness your juggles to obtain a new individual record. To have a new individual record (IR) documented, please contact Lois Ward at homwardschool@rushmore.com. Player's accomplishments will be kept and put on the Website for the world to see ! Rewards in the form of Juggling Club Recognition pins, bag tags, and t-shirts will be furnished free of charge by the Rushmore Soccer Club.

Juggling team challenge... Teams can challenge one another to a juggling contest. Once the challenge is initiated, both teams have two weeks to record their highest amount of juggles per player. The team with the highest average (TA) wins and will receive their name on the website and earn bragging rights! Please send challenges to Lois Ward. She will then send the challenge to the other team and gather the team average to announce the winner on the website.