JUGGLING CLUB

- Record your highest number of juggling touches in a row and time spent juggling each day on the table below.
- Practice each day for a minimum of 20 minutes to improve your juggling scores.
- This homework sheet must be brought to the testing date.
- Ball must be kept in the air for consecutive touches. Player returns to zero if ball hits the ground
- U7-U9 may start with their hands, 1st touch must be with the foot, & all body parts count as a point.
- U10-U19 must use feet to pick up the ball. Touches with the feet count toward the total number of juggles. All other body parts can be used but they do not count toward the total number of juggles. For example: foot, foot, thigh, head, foot, counts as 3 juggles.

My Practice Juggling Numbers & Time

Week of	Sun	Mon	Tues	Wed	Thur	Fri	Sat	**Total Amount of Time Juggling**	**Highest Score This Week**	**Parent Initials**