

FOOTBALL JUGGLING

Players with a football experiment with different ways to juggle the ball using various parts of their body.

SESSION

• END / 5 MINUTES

EQUIPMENT

• 1 ball per player

WHAT TO DO	<p>Setting Up</p> <ul style="list-style-type: none"> • All players have a ball and spread out randomly in the playing area. <p>Playing</p> <ul style="list-style-type: none"> • Demonstrate how to drop the ball on the ground, lightly kick it and catch it; • Ask 'How many times can you drop, kick and catch your ball in a row?'; • Players can experiment with different types of juggling including: <ul style="list-style-type: none"> - Drop onto thigh and catch; - Foot to foot; - Try using both feet.
WHAT TO LOOK FOR	<ul style="list-style-type: none"> • Are all players able to achieve the objective? • Look for good examples and have them demonstrate.
SUGGESTED CHANGES	<ul style="list-style-type: none"> • Players can start with toe taps before attempting to juggle; • Players can work in pairs to combine scores.

