

### **Catch up on all the [National Juggling Club news!](#)**

#### **"Keep it Up"**

*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! The honor system will be followed. When reporting your juggles, include: your first and last name, year born, and exact number of juggles. To have a new individual record (IR) documented, please contact Nik Penn at [npenn@rushpikespeak.com](mailto:npenn@rushpikespeak.com). Player's accomplishments will be kept in the Rush office and published in the Rush Newsletter and Website for the world to see! Rewards in the form of Juggling Club Recognition and T-shirts will be furnished free of charge by Rush Pikes Peak and are available to pick up at the Rush Office.

#### **Juggling Club Milestones & Recognition**

<i>Juggles</i>	<i>Award</i>
50	Recognition in Rush Newsletter
100	White "Keep It Up" Juggling T-shirt & recognition in Rush Newsletter
250	Gray "Keep It Up" Juggling T-shirt & recognition in Rush Newsletter
500	Black "Keep It Up" Juggling T-shirt & recognition in Rush Newsletter & induction to the Juggling Hall of Fame

### Juggling Club Members & Stats

[Juggling Hall of Fame \(500+\)](#)

[Juggling Records \(Fall 2010\)](#)

### Fun Stuff

*Check it out! Ever Heard of Mr Woo?* If you thought you knew every trick in the book, Mr. Woo will wow you with his amazing skills. Check him out and other juggling masters by following the links below:

[Mr. Woo Video](#)

[Mr. Woo Website](#)

[Check out Dribblemeister in Amsterdam](#)

[Ronaldinho Crossbar Juggling](#)

[Jeremy Lynch Amazing Football Freestyle](#)