



# JUGGLING MAESTRO

TRACYTON SC



At Tracyton Soccer Club, we place great importance on soccer juggling as a cornerstone of our player development philosophy. Juggling transcends mere technical prowess; it embodies a holistic approach to nurturing well-rounded, skilled, and confident soccer players. As the Director of Coaching, I firmly believe in the multifaceted benefits that juggling offers our athletes.

Beyond refining technical skills, soccer juggling cultivates mental fortitude, encouraging our players to embrace challenges and persevere in their pursuit of improvement. The rhythmic dance between foot and ball fosters cohesion among teammates, forging unbreakable bonds of support and unity. Moreover, the impact of soccer juggling extends beyond the training ground, inspiring a lifelong passion for the sport and promoting overall physical fitness among our players.

As we witness our players embarking on a journey of growth, excellence, and camaraderie with every touch of the ball, we are reminded of the fundamental significance of soccer juggling in shaping exceptional players and individuals alike. At Tracyton Soccer Club, guided by my unwavering commitment to player development, we celebrate the transformative power of soccer juggling and its enduring impact on our athletes' lives.

Sincerely,

Brandon J. Milovich  
Director of Coaching  
Tracyton Soccer Club



---

- **Introduction to Juggling (Ages 4-7):**

---

- Focus on fun and enjoyment while exploring basic ball control with both feet.
  - Encourage simple juggling exercises using hands and feet to get players comfortable with the ball.
- 

- **Building Juggling Skills (Ages 8-10):**

---

- Introduce players to more structured juggling drills, focusing on alternating feet and using different surfaces of the foot.
  - Develop consistency by setting achievable juggling targets and tracking progress.
- 

- **Advancing Juggling Proficiency (Ages 11-13):**

---

- Challenge players with more complex juggling patterns, such as thigh and chest juggling.
  - Emphasize the importance of concentration and mental focus during juggling sessions.
- 

- **Mastering Juggling (Ages 14-17):**

---

- Implement advanced juggling drills to enhance ball control, coordination, and reflexes.
  - Encourage players to set personal juggling goals and practice regularly to achieve mastery.
- 

- **Juggling in Game Situations (Ages 18+):**

---

- Incorporate juggling exercises that mimic real-game scenarios, such as juggling while moving or under pressure.
  - Highlight the practical applications of juggling skills in match situations.
-



## Soccer Juggling Exercise Examples for Ages 4-7:

### 1. Feet-only Taps:

- Instruct children to gently tap the ball with the top of their foot alternately.
- Encourage them to maintain a steady rhythm and control.

### 2. Hands and Feet Combo:

- Have children use both hands and feet to juggle the ball back and forth.
- Emphasize soft touches to keep the ball in the air.

### 3. Catch and Toss:

- Let children toss the ball gently in the air and catch it with their hands.
- Progress to tossing the ball up and tapping it with their feet before catching.

### 4. Partner Juggling:

- Pair up children and have them stand a short distance apart.
- Encourage them to pass the ball back and forth, using both feet and hands.

### 5. Simon Says Juggling:

- Play a game of "Simon Says" with juggling commands, such as "Simon says tap the ball with your right foot" or "Simon says catch the ball."
- Keep the instructions simple and fun.

### 6. Color Juggling:

- Use balls of different colors and call out the color for the children to tap.
- This exercise helps develop quick reflexes and hand-eye coordination.

### 7. Slow-Motion Juggling:

- Encourage children to juggle the ball slowly, focusing on control and balance.
- This exercise helps develop patience and precision.

### 8. Juggling Challenge:

- Set up small targets or cones and challenge children to juggle the ball to hit the targets.
- Increase the difficulty as they improve their skills.



## Soccer Juggling Progressions for Ages 8-11 at Tracyton Soccer Club

### 1. One Foot, One Thigh:

*Progression:*

- Level 1:
  - Juggle with one foot only. Alternate between left and right foot.
  - Start with a low number of juggles (10) and gradually increase as players gain confidence.
- Level 2:
  - Introduce thigh juggles with each foot touch. Use gentle touches to control the ball.
  - Emphasize proper technique to avoid the ball bouncing too far off the thigh.
  - Aim for 25 juggles.
- Level 3:
  - Transition smoothly between foot and thigh juggles. Aim for continuous juggling.
  - Encourage players to stay relaxed and focused while switching between techniques.
  - Target 50 juggles.

### 2. Inside and Outside Taps:

*Progression:*

- Level 1:
  - Practice juggling using the inside of both feet alternately.
  - Start with low height and controlled touches.
  - Aim for 25 juggles.
- Level 2:
  - Introduce outside of the foot taps while maintaining a steady rhythm.
  - Emphasize using the laces for outside taps to keep the ball close.
  - Target 50 juggles.
- Level 3:
  - Combine inside and outside taps smoothly. Challenge players to keep the ball airborne.
  - Encourage quick footwork and maintaining a balanced stance.
  - Aim for 75 juggles.



## Soccer Juggling Progressions for Ages 8-11 at Tracyton Soccer Club

### 4. High and Low Juggling:

*Progression:*

- Level 1:
  - Practice juggling the ball at waist level with controlled touches.
  - Keep the ball close to maintain balance and prevent wild bounces.
  - Aim for 25 juggles.
- Level 2:
  - Transition to knee level juggling while maintaining a steady rhythm.
  - Encourage players to use soft touches to keep the ball airborne.
  - Target 50 juggles.
- Level 3:
  - Alternate between waist and knee level juggling smoothly.
  - Focus on maintaining control as the ball changes height.
  - Aim for 75 juggles.

### 5. Juggling in Pairs:

*Progression:*

- Level 1:
  - Pair up players and take turns juggling the ball with feet only.
  - Maintain a short distance between players to facilitate easy passes.
  - Aim for 25 juggles.
- Level 2:
  - Progress to juggling with one foot and passing with the other.
  - Encourage accurate passes and controlled touches during transitions.
  - Target 50 juggles.
- Level 3:
  - Juggle the ball back and forth using both feet.
  - Emphasize communication and timing between players to maintain continuous juggling.
  - Aim for 100+ juggles.



## Soccer Juggling Progressions for Ages 8-11

Progression	Juggling Mastery Skill	Mastery Goal (Number of Juggles)
One Foot, One Thigh - Level 1	Juggle with one foot alternately	10
One Foot, One Thigh - Level 2	Introduce thigh juggles	25
One Foot, One Thigh - Level 3	Transition smoothly between foot and thigh juggles	50
Inside and Outside Taps - Level 1	Juggling using the inside of both feet	25
Inside and Outside Taps - Level 2	Introduce outside of the foot taps	50
Inside and Outside Taps - Level 3	Combine inside and outside taps smoothly	75
High and Low Juggling - Level 1	Juggling at waist level	25
High and Low Juggling - Level 2	Transition to knee level juggling	50
High and Low Juggling - Level 3	Alternate between waist and knee level juggling	75
Juggling in Pairs - Level 1	Pair up players and take turns juggling	25
Juggling in Pairs - Level 2	Progress to juggling with one foot and passing with the other	50
Juggling in Pairs - Level 3	Juggle the ball back and forth using both feet	100+



## Soccer Juggling Progressions for Ages 12-13 at Tracyton Soccer Club

### 1. Advanced Footwork:

*Progression:*

- Level 1:
  - Practice juggling using both feet. Aim for 25 juggles without dropping the ball.
  - Focus on using different parts of the foot for control (inside, outside, laces).
- Level 2:
  - Incorporate one thigh juggle between foot juggles. Aim for 10 thigh juggles.
  - Emphasize smooth transitions and maintaining rhythm.
- Level 3:
  - Combine foot and thigh juggles seamlessly. Target 50 total juggles (foot + thigh).
  - Challenge players to maintain control and use proper technique.

### 2. Heading Mastery:

*Progression:*

- Level 1:
  - Juggle the ball using only head touches. Aim for 10 consecutive head juggles.
  - Encourage players to use forehead and maintain soft touches.
- Level 2:
  - Introduce alternating head and foot juggles. Aim for 5 touches with each.
  - Emphasize accuracy and controlled touches.
- Level 3:
  - Transition between head and foot juggles smoothly. Target 25 total juggles (head + foot).
  - Encourage players to maintain focus and coordination.

### 3. Juggling Combinations:

*Progression:*

- Level 1:
  - Practice juggling using feet, thighs, and head consecutively. Aim for 5 touches of each.
  - Focus on control and maintaining rhythm throughout the combination.
- Level 2:
  - Incorporate foot, thigh, head, and alternate feet juggles. Aim for 5 touches of each.
  - Encourage players to stay composed and adapt to changing ball movements.
- Level 3:
  - Create freestyle juggling combinations with at least 3 different techniques.
  - Challenge players to achieve 100+ total juggles in their combination.





## Soccer Juggling Progressions for Ages 12-13 at Tracyton Soccer Club

### 4. Advanced Juggling Techniques:

*Progression:*

- Level 1:
  - Introduce juggling while turning in a circle. Aim for 10 successful turns.
  - Emphasize balance and control during the turns.
- Level 2:
  - Incorporate juggling while jogging in a straight line. Aim for 20 juggles while jogging.
  - Encourage players to maintain a steady pace and control.
- Level 3:
  - Combine juggling with quick changes of direction. Aim for 10 juggles per change.
  - Challenge players to stay agile and adapt to sudden movements.

### 5. Juggling Challenges:

*Progression:*

- Level 1:
  - Set up targets or markers and challenge players to hit them with juggles.
  - Start with large targets and progress to smaller ones as accuracy improves.
- Level 2:
  - Perform juggling challenges with a partner, passing the ball between juggles.
  - Aim for 10 consecutive passes and juggles between partners.
- Level 3:
  - Create advanced juggling obstacle courses to navigate while juggling.
  - Encourage players to showcase creativity and skill in completing the course.



## Soccer Juggling Progressions for Ages 12-13

Progression	Juggling Mastery Skill	Mastery Goal (Number of Juggles)
Advanced Footwork - Level 1	Juggle with both feet, thighs, and head	25
Advanced Footwork - Level 2	Incorporate advanced footwork techniques	50
Advanced Footwork - Level 3	Create intricate juggling combinations	75+
Heading Mastery - Level 1	Juggle using only head touches	10
Heading Mastery - Level 2	Introduce alternating head and foot juggles	25
Heading Mastery - Level 3	Transition between head and foot juggles	50
Juggling Combinations - Level 1	Juggle using feet, thighs, and head consecutively	5
Juggling Combinations - Level 2	Incorporate foot, thigh, head, and alternate feet juggles	5
Juggling Combinations - Level 3	Create freestyle juggling combinations	100+
Advanced Juggling Techniques - Level 1	Juggle while turning in a circle	10
Advanced Juggling Techniques - Level 2	Incorporate juggling while jogging	20
Advanced Juggling Techniques - Level 3	Combine juggling with quick changes of direction	10
Juggling Challenges - Level 1	Set up juggling challenges with specific rules and time limits	25
Juggling Challenges - Level 2	Perform juggling challenges with a partner	15
Juggling Challenges - Level 3	Integrate juggling with advanced dribbling moves	10



## Soccer Juggling Progressions for Ages 14-17 at Tracyton Soccer Club

### 1. Advanced Footwork and Combinations:

*Progression:*

- Level 1:
  - Juggle using both feet, thighs, and head consecutively. Aim for 15 touches of each.
  - Focus on maintaining control and rhythm during the combination.
- Level 2:
  - Incorporate advanced footwork techniques like volleys and chipping. Aim for 10 successful touches of each.
  - Emphasize proper technique and execution.
- Level 3:
  - Create complex juggling combinations with various techniques. Aim for 50+ total touches in the sequence.
  - Challenge players to experiment with different moves and flow smoothly between them.

### 2. Airborne Juggling Mastery:

*Progression:*

- Level 1:
  - Juggle the ball while jumping off the ground. Aim for 5 consecutive jumps and juggles.
  - Emphasize coordination and timing between jumps and touches.
- Level 2:
  - Incorporate variations of aerial juggles, such as knee juggles while in the air. Aim for 5 successful touches of each.
  - Encourage players to stay focused and maintain control during aerial maneuvers.
- Level 3:
  - Combine different aerial juggling techniques fluidly. Target 25+ total touches while airborne.
  - Challenge players to showcase creativity and confidence in their aerial abilities.

### 3. Juggling Challenges and Dribbling Integration:

*Progression:*

- Level 1:
  - Set up juggling challenges with specific rules and time limits. Examples: alternating feet, juggling while jogging, etc.
  - Aim for 25+ juggles within the challenge parameters.
- Level 2:
  - Perform juggling challenges with a partner, incorporating passing and receiving while juggling.
  - Aim for 15 consecutive passes and juggles between partners.
- Level 3:
  - Integrate juggling with advanced dribbling moves and change of direction. Aim for 10 successful touches per dribbling sequence.
  - Encourage players to maintain control and composure during complex dribbling maneuvers.



## Soccer Juggling Progressions for Ages 14-17 at Tracyton Soccer Club

### 4. Juggling under Pressure:

*Progression:*

- Level 1:
  - Juggle while under light pressure from a defender or teammate. Aim for 10 consecutive juggles under pressure.
  - Emphasize maintaining focus and ball control in tight situations.
- Level 2:
  - Incorporate shielding techniques while juggling to protect the ball from defenders. Aim for 5 successful shielding sequences.
  - Encourage players to use their body effectively and keep the ball safe.
- Level 3:
  - Perform juggling in small-sided game scenarios, such as 3v3 or 4v4. Aim for 25+ total juggles during the game.
  - Challenge players to apply their juggling skills in real match situations.

### 5. Juggling Freestyle and Showmanship:

*Progression:*

- Level 1:
  - Freestyle juggling with creative combinations of various techniques. Aim for 50+ total touches in the freestyle routine.
  - Encourage players to express their individual style and flair.
- Level 2:
  - Incorporate juggling tricks and flicks into freestyle routines. Aim for 3 advanced tricks in the sequence.
  - Emphasize clean execution and fluid transitions between tricks.
- Level 3:
  - Perform freestyle routines with music or in front of an audience. Showcase confidence and showmanship in the performance.
  - Encourage players to have fun and enjoy the creative aspect of freestyle juggling.



## Soccer Juggling Progressions for Ages 14-17

Progression	Juggling Mastery Skill	Mastery Goal (Number of Juggles)
Dynamic Footwork and Combinations - Level 1	Juggle with feet, thighs, and head in dynamic sequences	15
Dynamic Footwork and Combinations - Level 2	Incorporate advanced footwork techniques	10
Dynamic Footwork and Combinations - Level 3	Create intricate juggling combinations	50+
Aerial Mastery and Acrobatics - Level 1	Juggle while performing controlled aerial movements	10
Aerial Mastery and Acrobatics - Level 2	Incorporate advanced aerial tricks	5
Aerial Mastery and Acrobatics - Level 3	Combine multiple aerial tricks fluidly	25+
Juggling under Pressure and Game Situations - Level 1	Juggle under moderate pressure	15
Juggling under Pressure and Game Situations - Level 2	Incorporate juggling into attacking situations	10
Juggling under Pressure and Game Situations - Level 3	Perform juggling in full-sided game scenarios	50+
Juggling with Passing and Vision - Level 1	Juggle with precise passing and receiving	20
Juggling with Passing and Vision - Level 2	Incorporate long-distance passing and juggles	10
Juggling with Passing and Vision - Level 3	Perform juggling sequences with visual cues	25+
Juggling Showmanship and Trick Mastery - Level 1	Freestyle juggling with advanced techniques	100+
Juggling Showmanship and Trick Mastery - Level 2	Incorporate a wide range of juggling tricks	5
Juggling Showmanship and Trick Mastery - Level 3	Perform freestyle routines with flair	-



## Soccer Juggling Progressions for Ages 18+ at Tracyton Soccer Club

### 1. Dynamic Footwork and Combinations:

*Progression:*

- Level 1:
  - Juggle using both feet, thighs, and head in dynamic sequences. Aim for 25 touches of each.
  - Focus on maintaining control and rhythm during the combination.
- Level 2:
  - Incorporate advanced footwork techniques like volleys, half-volleys, and flick-ups. Aim for 15 successful touches of each.
  - Emphasize proper technique and swift execution.
- Level 3:
  - Create intricate juggling combinations with various techniques. Aim for 75+ total touches in the sequence.
  - Challenge players to showcase creativity and fluidity in their juggling sequences.

### 2. Aerial Mastery and Acrobatics:

*Progression:*

- Level 1:
  - Juggle while performing controlled aerial movements, such as 180-degree turns or heel juggles. Aim for 10 consecutive touches with aerial elements.
  - Emphasize body control and precision during aerial maneuvers.
- Level 2:
  - Incorporate advanced aerial tricks like around-the-world and neck stall juggles. Aim for 5 successful touches of each trick.
  - Encourage players to demonstrate confidence and finesse in their aerial abilities.
- Level 3:
  - Combine multiple aerial tricks fluidly in a freestyle routine. Target 25+ total touches with acrobatic flair.
  - Challenge players to push their limits and experiment with complex aerial moves.

### 3. Juggling under Pressure and Game Situations:

*Progression:*

- Level 1:
  - Juggle while under moderate pressure from defenders or teammates. Aim for 15 consecutive juggles under pressure.
  - Emphasize maintaining composure and making quick decisions.
- Level 2:
  - Incorporate juggling while transitioning into attacking situations. Aim for 10 successful touches before making a pass, shot, or dribble.
  - Encourage players to be efficient and purposeful in their actions.
- Level 3:
  - Perform juggling in full-sided game scenarios, incorporating juggling to maintain possession or create opportunities. Aim for 50+ total juggles during the game.
  - Challenge players to apply their juggling skills strategically in competitive matches.



## Soccer Juggling Progressions for Ages 18+ at Tracyton Soccer Club

### 4. Juggling with Passing and Vision:

*Progression:*

- Level 1:
  - Juggle with precise passing and receiving with a partner. Aim for 20 consecutive passes and juggles between partners.
  - Emphasize accurate passing and first-touch control.
- Level 2:
  - Incorporate long-distance passing and juggles, simulating through balls and switches of play. Aim for 10 successful touches per long pass and juggle sequence.
  - Encourage players to anticipate and adjust their positioning.
- Level 3:
  - Perform juggling sequences with visual cues, such as calling out the number of touches before making a pass or performing a specific technique. Target 25+ total touches with visual cues.
  - Challenge players to improve their awareness and decision-making on the field.

### 5. Juggling Showmanship and Trick Mastery:

*Progression:*

- Level 1:
  - Freestyle juggling with a mix of advanced techniques and creative combinations. Aim for 100+ total touches in the freestyle routine.
  - Encourage players to express their individual style and personality.
- Level 2:
  - Incorporate a wide range of juggling tricks and flicks into freestyle routines. Aim for 5 different tricks with seamless transitions.
  - Emphasize clean execution and showmanship in the performance.
- Level 3:
  - Perform freestyle routines in front of an audience or record and share the performance. Showcase confidence and entertainment value in the display.
  - Encourage players to have fun and enjoy the artistry of juggling.



## Soccer Juggling Progressions for Ages 18+

Progression	Juggling Mastery Skill	Mastery Goal (Number of Juggles)
Dynamic Footwork and Combinations - Level 1	Juggle with feet, thighs, and head	25
Dynamic Footwork and Combinations - Level 2	Incorporate advanced footwork techniques	50
Dynamic Footwork and Combinations - Level 3	Create intricate juggling combinations	75+
Aerial Mastery and Acrobatics - Level 1	Juggle while performing controlled aerial movements	10
Aerial Mastery and Acrobatics - Level 2	Incorporate advanced aerial tricks	5
Aerial Mastery and Acrobatics - Level 3	Combine multiple aerial tricks fluidly	25+
Juggling under Pressure and Game Situations - Level 1	Juggle under moderate pressure	15
Juggling under Pressure and Game Situations - Level 2	Incorporate juggling into attacking situations	10
Juggling under Pressure and Game Situations - Level 3	Perform juggling in full-sided game scenarios	50+
Juggling with Passing and Vision - Level 1	Juggle with precise passing and receiving	20
Juggling with Passing and Vision - Level 2	Incorporate long-distance passing and juggles	10
Juggling with Passing and Vision - Level 3	Perform juggling sequences with visual cues	25+
Juggling Showmanship and Trick Mastery - Level 1	Freestyle juggling with advanced techniques	100+
Juggling Showmanship and Trick Mastery - Level 2	Incorporate a wide range of juggling tricks	5
Juggling Showmanship and Trick Mastery - Level 3	Perform freestyle routines with flair	-





## SOME PRO TIPS!

1. **Start with the Basics:** Master the basic three-touch juggle (thigh, thigh, foot) before progressing to more advanced techniques.
2. **Focus on Control:** Aim for consistent, controlled touches on the ball. This will lay a strong foundation for more complex juggling tricks.
3. **Use Both Feet:** Practice juggling with both feet to become proficient with each foot's strengths and weaknesses.
4. **Vary the Surfaces:** Experiment with different surfaces of your feet, such as instep, laces, and outside foot, to improve ball manipulation skills.
5. **Stay Relaxed:** Maintain a relaxed posture and loose touches to avoid over-controlling the ball.
6. **Eyes on the Ball:** Keep your eyes on the ball throughout the juggling process for better coordination and control.
7. **Add Height and Distance:** Once you're comfortable with low juggling, challenge yourself by increasing the height and distance of your touches.
8. **Use Juggling Games:** Incorporate fun games like "Around the World" and "Juggle with a Friend" to make juggling practice enjoyable.
9. **Progress Gradually:** Gradually increase the number of juggles you can perform without losing control. Set achievable milestones to track your progress.
10. **Practice with Intention:** Focus on specific aspects of your juggling technique in each practice session to refine your skills.
11. **Juggle with Purpose:** Visualize how you would use juggling skills in a match, such as trapping the ball or evading defenders.
12. **Stay Patient:** Juggling takes time to master. Stay patient and persistent, celebrating even the smallest improvements.
13. **Incorporate Freestyle:** Add creative freestyle elements to your juggling routine to develop flair and style.
14. **Film Yourself:** Record your juggling sessions to analyze your technique and identify areas for improvement.
15. **Stay Ambidextrous:** Train to juggle with both feet equally to become a well-rounded player.



## PRO TIPS CONTINUED!

16. **Use Juggling Challenges:** Set personal challenges like consecutive juggles without a drop or hitting certain surfaces in a sequence.
17. **Juggle on Different Surfaces:** Practice juggling on grass, turf, and hard ground to adapt to various playing conditions.
18. **Mental Focus:** Juggling requires concentration. Clear your mind and focus on the ball during practice.
19. **Juggle with a Purpose:** Practice specific patterns that mimic game scenarios, such as juggling while moving or under pressure.
20. **Have Fun:** Enjoy the process and embrace the joy of juggling. A positive mindset will enhance your learning experience.