



JUGGLING CLUB

THE NEXT GENERATION JUGGLING CLUB

Important to an athlete's technical development is the consistent and diligent practicing of becoming an expert juggler of the soccer ball. At our Academy, we put a lot of emphasis on conquering the challenging skill, and want to reward our athletes for doing so. Juggling takes a lot of practice and in order for athlete to be exceptional, they must practice at home.

NEXTGEN JUGGLING STYLE

NextGen uses a different technique than the norm. Our technique incorporates a leg and foot angle that is similar to a laces volley. Coaches will work with athletes before season starts to make sure they understand the technique.



Correct technique



Incorrect technique

Here are the criteria for being recognized as part of the Next Generation Soccer Academy Juggling Club:

- Juggling tests can be done at any point throughout the year
- Athlete's must record their juggling attempts using a camera (phone, tablet, etc) and submit them
- If the athlete achieves a level as outlined below, they should not stop!
- Athletes and families should submit your video using [this link](#)
- Between the months of August and May, we will announce new members of the Juggling Club!
 - Announcements will be made via email, website and social media
 - New members of the club will receive a Juggling Club shirt and Academy-wide recognition!



JUGGLING CLUB LEVELS

Please make sure your first video is at your current level (e.g. – if you can already juggling past 100, do not send in a video of you doing 25 😊)

LEVEL 1
25

LEVEL 2
50

LEVEL 3
100

LEVEL 4
250

LEVEL 5
500

EXPERT
1000

JUGGLING CLUB SHIRT EXAMPLE





NEXT GENERATION SOCCER ACADEMY

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DRIVEN TO DEVELOP. DRIVEN TO SUCCEED.