

Coaching Tip of the Month

Having been around the game of soccer for a long time, there are lots of thoughts and theories about juggling and if it can actually help improve a player's development. If you ask me, I am a 100% believer in juggling especially with helping players get comfortable with the ball. You should view the ball as an extension of your body. When you have the ball at your feet you should feel that you are in control of the ball at all times and you can do magic with that ball. The ball is the object of the game, when it becomes your friend..... you are in control! It also helps you with your first touch, which is so important in the sport of soccer.

Here is a little challenge for all you players out there; Keep a personal record of your highest total you received while juggling and try and beat that number every time you practice juggling. You may only get to 5 the first time but if you keep after it.....you'll reach 100 in no time and your feel for the soccer ball will be that much better! Enjoy the video and good luck.

[Juggling Video](#)

Shawn Griffin
Director of Coaching
Victor Soccer Club