



THE EMERALD CLUB – JUGGLING CHALLENGE!

Players will be recognized and rewarded for their juggling efforts!

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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 have not juggled before, check out the links listed below to see ideas on how to help you improve.

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 is 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 a little bit of space, YOU and YOUR BALL! The most effective way to achieve 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

NO BOUNCES AND NO HANDS! The honor system will be employed. Players can report their new records on the Juggling Verification Form using the link below—please include the name of someone who can vouch for your juggling accomplishment, either a parent or coach. Another way to report is that a coach can turn in a list to Dominique Hoecherl at dominiquehoecherl@hotmail.com. Once received, your name will be listed on the website and if you reached your 50 or 100 goal you can stop by the DSL Office to pick up your appropriate prize.

[JUGGLING VERIFICATION FORM](#)

JUGGLING CLUB LEVELS

☆ **Shamrock Level** – 25 to 49 Juggles (Recognized on website)

☆ **Silver Level** – 50 to 99 Juggles (Recognized on website and Johnsons Ice Cream Voucher*)

☆ **Gold Level** – 100+ Juggles (Recognized on website and Emerald Club Tshirt*)

☆ **Platinum Level** – 250 Juggles (Recognized on website)

☆ **Master Hall of Fame Level** – 500+ Juggles (Recognized on website)

*Pick up items from DSL Office during Office Hours.



THE EMERALD CLUB RECOGNITION:

The Emerald Juggling Club		
Gold Level – 100+ Juggles		
Player Name	Birth Year	Juggles

The Emerald Juggling Club		
Silver Level – 50 - 99 Juggles		
Player Name	Birth Year	Juggles

The Emerald Juggling Club		
Shamrock Level – 25 - 49 Juggles		
Player Name	Birth Year	Juggles

JUGGLING INSPIRATION:

The Basics of Juggling: [Dublin Soccer League - Juggling - YouTube](#)

Juggling for Beginners: [Juggling a Soccer Ball for Beginners - Tutorial - YouTube](#)

17 Year Old Beats 5K Juggling Record: [Most Football/Soccer Juggling RECORD 2020| 17 year old boy performs 5,200+ juggles with soccer ball - YouTube](#)

Juggling Tricks: [11 BEST Juggling Skills to Impress Your Friends - YouTube](#)

QUESTIONS?

Contact Dominique Hoecherl (DSL Coach Liaison) at dominiquehoecherl@hotmail.com.
