

## Rules & Guidelines for Juggling Academy

The academy has been started in an effort by the club to improve each player's first touch. Better decisions are made by players who have that extra second to decide what they want to do with the ball. That second is usually the result of a good first touch. Juggling is a skill that is improved by repetition. The more you do the better you will get. There will be various levels for which players will be rewarded.

### Juggling Levels

**Entry Level** – Any player demonstrating the ability to keep the ball in the air for at least 20 touches will receive a certificate of recognition.

**Level I** – Any player demonstrating the ability to keep the ball in the air for at least 30 touches will receive a Level I Certificate.

**Level II** – Any player demonstrating the ability to keep the ball in the air for at least 50 touches will receive a Level II Certificate.

**Level III** – Any player demonstrating the ability to keep the ball in the air for at least 70 touches will receive a Level III Certificate.

**Level IV** – Any player demonstrating the ability to keep the ball in the air for at least 100 touches will receive a Level IV Certificate

**Level V** – Any player demonstrating the ability to keep the ball in the air with 200 or more touches (with feet only) will receive a Master Juggler Certificate and a Master Juggler T-Shirt

### Notes

1. At each level the ball must end up in the player's hands.
2. Players endeavoring to reach Level I can start by holding the ball in their hands. For all other levels, the player must begin with the ball at their feet.

### Testing Procedure

1. Players will receive 3 attempts to achieve the level they are testing for. If they are not successful they must wait until the next session to try again.
2. Each level must be achieved *separately*. Players successfully achieving a level must wait until the next session to attempt the next level.
3. Sessions where players may attempt levels include, before and after practices, and, before and after skills. Contact your coach if you wish to make an attempt before a practice.
4. The coach or skills director will make the official count.

**FIRST TOUCH IS EVERYTHING**