



BLACKFORD YOUTH SOCCER

JUGGLING WORKOUT TRACKER

Name:												
Team:												
2 week period:	MON	TUES	WED	THUR	FRI	SAT	MON	TUES	WED	THUR	FRI	SAT
Total Juggles (all surfaces)												
Total Juggles (feet only)												
1-Minute Standing Drills												
Total both feet												
Total right foot												
Total right foot + ground												
Total left foot												
Total left foot + ground												
Total thighs												
Total head												
1-Minute Seated Drills												
Total both feet												
Total right foot												
Total left foot												
Total head												
1-Minute Moving Drills												
Total forward both feet												
Total forward right foot												
Total forward left foot												
Total forward thighs												
Total forward head												
Total backward both feet												
Total backward right foot												
Total backward left foot												
Total backward thighs												
Total backward head												
Total jogging (feet only)												
Total jogging (all surfaces)												
2-Minute Pattern Drills												
Total clockwise box												
Total counter-clock box												
Total clockwise ATW												
Total counter-clock ATW												
Total 4-foot + head												
Total 4-foot + chest												
Descriptions												
Foot + ground = foot must touch ground between each juggle: <u>Box</u> = r. foot, r. thigh, l. foot; <u>Around the World (ATW)</u> = r. foot, r. thigh, r. shoulder, head, l. shoulder, l. thigh, l. foot; <u>4-foot + head/chest</u> = before 5th touch (feet only), must head (or chest)												
Player Initials												
Parent Initials												