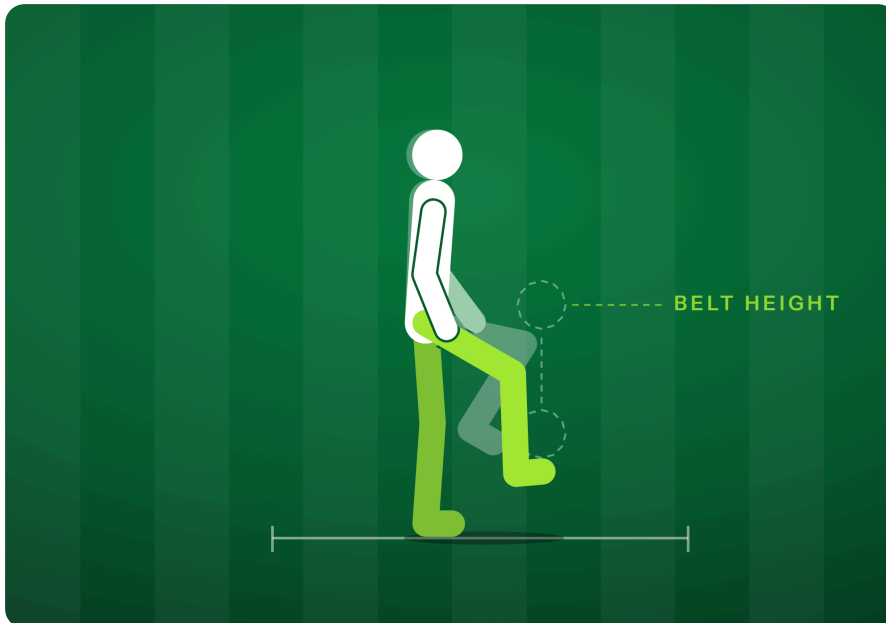




Set up

- Warm up first
- A ball
- Soft, flat grass
- Feet and thighs only

Dose

- 10 min, 3-4x a week
- Log your best score

10 minutes, 3-4 times a week, logging your best score, is our own target, not an FA or FIFA rule. So are the sequences.

What it trains

Touch practice on a dropping ball: feet and thighs in a set order, then a catch. The FA recommends ball-familiarity work for touch and feel; no source we checked shows that juggling itself improves match performance.

How it works

- Warm up first. Find soft, flat grass with about 4 x 4 m of clear space. Use a size 5 ball from Year 9 (U14), a size 4 in Years 7-8.
- Start with free juggling, feet and thighs only, and count your best run of touches.
- The video's sequence: hold the ball at belt height and drop it onto your right laces, then left foot, right thigh, catch. Count how many sequences you do in a row.
- Next: right foot, left foot, right thigh, left thigh, round and round without the catch. Then two touches on your weaker foot, one on your stronger foot.
- Write down your best score at the end of each session, and try to beat it next time.

Coaching points

- Lock your ankle**
Lock your ankle with your toes a touch up, so your laces make a flat, firm surface. Meet the ball with the laces, not the toes, and keep the touch soft.
- Pop it to your belt**
Pop the ball to about the height of your belt with every touch, foot or thigh, so it drops at the same speed each time and you can keep the order.

× **Not this:** Big, swinging kicks that send the ball above your head. It drops fast, spins away and breaks the sequence. Small touches from a locked ankle keep it at belt height.

➤ HARDER

Juggle the sequence while walking forward to a cone 10 m away (FIFA's juggling practice uses 10 m lanes), or do it with your weaker foot only.

➤ EASIER

Let the ball bounce once between touches (the second part of the video). Or simply drop it, one touch with the laces, and catch it.

🛡️ Safety

- Warm up first. Soft, flat grass with space around you, never a road, a hard floor or anywhere near windows.
- Feet and thighs only in this drill, never the head.
- If anything hurts, stop, and tell a parent or your coach.
- Warm up first. Stop if anything hurts and tell an adult.

📅 Track 12 weeks (tick each session)

W1	W2	W3	W4	W5	W6	W7	W8	W9	W10	W11	W12
☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐



Watch Archie show it

footballreach.com/drills/juggling-sequences

Then take the free test at footballreach.com

MY NOTES