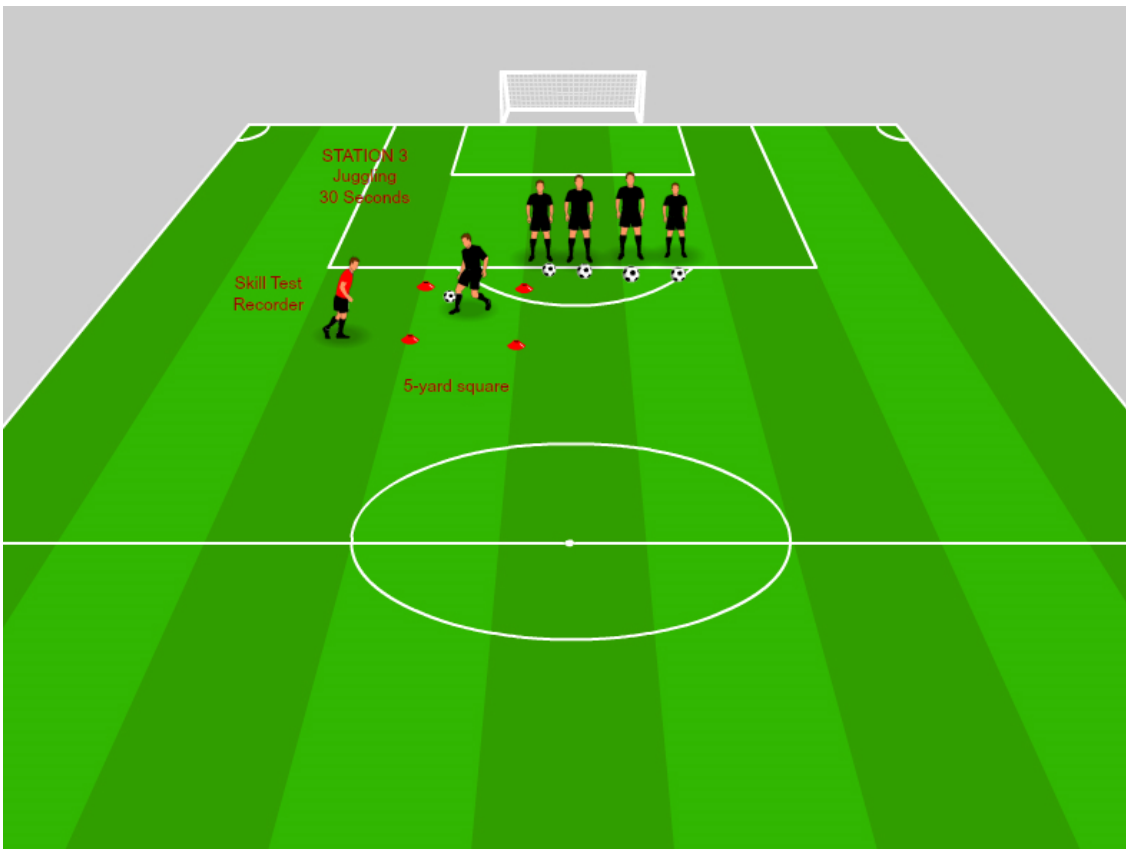




CAPS STATION 3 BALL JUGGLING



Date:	7/Jan/2018	Measurement:	Select Pitch Area
Time:	N/A:N/A	Players:	0
Duration:	N/A	Level:	U5 - U18

Objective: Measure player ability to control aerial balls

Description: Player stands inside a 5-yard square and begins juggling on the STR's GO
 Player must alternate juggling between Left and Right foot. PLayer starts ball again if it should drop to ground.
 STR records number of juggles in 30-seconds
 Count only left and right foot alternate touches inside grid, does not count head or thigh juggles or those outside of grid

Coaching Points:

Progression: Move to CAPS STATION 4 TRIPPLE EIGHTS