



ALABAMA RUSH SOCCER CLUB

KEEP IT UP JUGGLING PROGRAM

EYSA/Alabama Rush Families

We at Alabama Rush want to make sure that you are aware of EYSA/AL Rush Soccer's "Keep It Up" Juggling Program. Please take a moment to read up on the program, and then share the information with the players in your house! We would LOVE to see those juggling scores coming in to be displayed on the websites!

WHAT IS JUGGLING

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 off the ball in the air without using your HANDS!

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's 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 YOU and YOUR BALL!

GET RECOGNIZED

The top juggler for each birth year will be recognized and an award given at the EYSA/AL RUSH seasonal banquet.

HOW IT WORKS!!!

All EYSA/AL RUSH PLAYERS OF ALL AGES ARE ELIGIBLE FOR THESE TAGS.



ALABAMA RUSH SOCCER CLUB KEEP IT UP JUGGLING PROGRAM

STEP 1: START JUGGLING & KEEP JUGGLING

STEP 2: JUGGLE 25+ W/OUT USING HANDS
OR TOUCHING THE GROUND

STEP 3: TURN IN JUGGLING FORM
W/COACHES SIGNATURE (from website)

STEP 4: EARN JUGGLING BAG TAG



STEP 5: GET YOUR NAME ON THE ALABAMA
& NATIONAL RUSH WEBSITES!
(ONLY 100+ GO ON NATIONAL SITE)

U10 AND UNDER PLAYERS ARE AVIALABLE FOR THIS TAG/PROGRAM.



ALABAMA RUSH SOCCER CLUB

KEEP IT UP U10 AND UNDER JUGGLING PROGRAM

STEP 1: SIGN UP AND ATTEND JUGGLING CONTEST ON SELECT SATURDAYS THROUGHOUT THE SEASON (LOOK FOR BANNER AND TENT, TIMES AND DATES TO BE POSTED ON WEBSITE)

STEP 2: START JUGGLING & KEEP JUGGLING

STEP 3: JUGGLE W/OUT USING HANDS OR TOUCHING THE GROUND.
YOU GET 3 TRIES TO GET BEST SCORE.

STEP 4: EARN JUGGLING BAG TAG AND PUNCH FOR NUMBER REACHED

STEP 5: BRING YOUR TAG TO NEXT SESSION AND TRY TO BEAT YOUR BEST SCORE

