

FOSC JUGGLING MASTERS

Rules:

1. **Players may only use their feet.** Touches with the feet count toward the total number juggles. The players must return to zero if the ball hits the ground. All other body parts can be used but, they do not count toward the total number of juggles. (Ex. If a player uses their thigh to keep the ball in the air it will not be counted, but the players can continue their count with the next touch with their feet. One foot, two foot, thigh, three foot would count as three.)

2. Honor System. Players do not need an adult to count or be present. The players are responsible for accurately counting the number of touches on the ball. The directors of training for the player's age level will be responsible for confirming the player's ability matches their reported touch count. Directors of training decision are final on any discrepancies or disputes.

3. The Juggling Club has six levels of achievement which are, **25 touches (U9 and below only)**, **50 touches**, **150 touches**, **300 touches**, and **500 touches** and **1,000 touches** which also qualifies the player of the FOSC Juggling Hall of Fame. Players will be given a SPECIAL JUGGLING CLUB GIFT for each level achieved. Players will be photographed with their gift and have it posted to the website. Players who skip a level will receive the gift for the highest level only. Ex. A player does three hundred juggles will be given the 300 gift and not the 150 and 300 gift.

Reporting: The players once reaching a level of achievement will have their appropriate Director of Training contact Craig Rhodis. Craig will determine a time and place to hand out the Gift and take a picture. Pictures will be posted to the FOSC website under the appropriate level. **Hall of Fame Members will also have their picture post on the wall of Gametime Training Center.**

Hints

Patterns: It is helpful to establish a pattern with juggling and stick to the pattern. The weaker foot is always one that causes players the most difficulty. The quickest way to become a better juggler and more importantly develop a better touch is to work on the weak foot specifically. A pattern for a right footed player would be two left one right and continue this pattern. This will be more time consuming and results are slower **INITIALLY**, however in short time the player will have the ability to juggle indefinitely. Dedication and discipline are the keys here and, the dedication will pay off in the long run.

Goal Setting: Set up goals. The goals can be weekly, monthly and yearly. Try to achieve a certain number of juggles by each period of time. The goals become your target. Start slow and with a reasonable goal and your results will start to improve.