

JUGGLING GAMES

NOTE: It is important that every practice session include individual juggling as part of the Warmup Phase. Every now and again it is a good idea to include some juggling games, especially with young players, which will help improve this skill. Following are some juggling games that can be done with 2 or more players.

"PELE" or "MIA"

This is a takeoff on the popular basketball game "HORSE". Here, the first player announces a juggling combination and then he or she has to perform that combination. Example: Player #1 announces, "Head-Thigh-Foot". If he or she accomplishes this combination all the other players must perform it. Whoever fails to do the combination, gets a letter "P" if playing "Pele" (for male players) or "M" if playing "Mia". Players are eliminated if they get all the letters in the name. With young players, allow all eliminated players to continue attempting combinations. Also, if a player announces a combination, then fails to perform it, he or she gets a letter. Players take turns announcing and performing a combination.

"MARCHING SOLDIERS"

All players have a ball and start on any line -- sideline, endline, etc. Using their thighs, players juggle and move forward -- like marching -- to a designated finish line. Example, players can go from the endline/goalline to the 18-yard line. First person to reach the finish line wins. Any ball that hits the ground requires the player to return to the start line.

"21"

This is also based on a popular basketball game. Here, players attempt to be the first player to juggle the ball 21 times. Example: Player 1 juggles and gets 8 before the ball hits the ground. The next player goes and so on. When Player 1's turn comes around again, he or she starts at 9 and so on until someone reaches "21". With really good players, up the total to 50.

"REVERSE PELE" or "REVERSE MIA"

This is for more advanced jugglers. This time players get letter for performing a complex combination of 4 or more juggles. Example: "Head, Right Shoulder, Right Thigh, Inside of Left Foot". The next player can attempt the same juggle and if he or she accomplishes the combination, he or she gets 2 letters. The second player can also "play it safe" and perform his or her own combination.

"ONE MINUTE"

Each player juggles for one minute and counts the total of juggles. If there is a tie at the end of the one-minute time limit, the player with the most consecutive juggles wins. Example: Player 1 juggles 7 times, then 8, then 6 for a total of 21. Player 2 juggles 10, then 5, then 6 for a total of 21. Player 2 wins by virtue of the 10 consecutive juggles.