

Training & Juggling Log



Player's Name: _____

Current Juggling Personal Record (PR): _____

Date: _____ Regular / Bounce juggles
(Circle one)



Goals:

- I _____ (Name), will work _____ min _____ times per week to enhance my juggling and ball mastery skills.
- By the end of the 11th week, I will be juggling regular / bounce juggling the ball, _____ times!
(Circle one) (Number)

Record your highest number of juggles for the day, along with the time spent on juggling and ball mastery skills. Consistent practice with the ball enhances your first touch, passing, and dribbling.

Week	Date:	Mon	Tue	Wed	Thur	Fri	Sat	Sun
1	Juggles							
	Minutes & Skill							
2	Juggles							
	Minutes & Skill							
3	Juggles							
	Minutes & Skill							
4	Juggles							
	Minutes & Skill							
5	Juggles							
	Minutes & Skill							
6	Juggles							
	Minutes & Skill							
7	Juggles							
	Minutes & Skill							
9	Juggles							
	Minutes & Skill							
10	Juggles							
	Minutes & Skill							
11	Juggles							
	Minutes & Skill							