Juggling Elite & Leader Board details will be maintained online:

**MAROONS SOCCER CLUB & RSA**

***JUGGLING ELITE***

[**www.MaroonsSoccer.com**](http://www.MaroonsSoccer.com) and [**www.ridgewoodsoccer.org**](http://www.ridgewoodsoccer.org/)

Questions or to request a qualified attempt, email michaelcobb@optonline.net

Ridgewood Soccer, in association with Maroons Soccer Club and Ridgewood Soccer Association, is pleased to introduce Ridgewood Juggling Elite. Juggling Elite is intended to provide a goals-setting system that will lead to significant improvement in technical skill, enhanced parental involvement in player development, and recognition for achievement within the Ridgewood soccer community.

**Process of Success**

* The practice of juggling regularly increases skills with the ball that are necessary for continued progression in the game.
* A juggling ***Qualified Attempt*** provides an opportunity to display achievement in skill and dedication to the game.
* Goal achievement provides an improved sense of confidence to players.
* Improved skill & confidence often leads to increased ability to perform in the training environment and to compete at higher & higher levels of match play.

**Juggling Elite Leader Board**

* A Juggling Elite Leader Board will be maintained by Maroons Soccer Club. Any player achieving more than 10 juggles will be listed. Players can win awards by achieving a certain level of juggles. Any player achieving 1,000 juggles will be named ***Juggling Elite Master***.

**Rules for Qualification**

* Certain requirements must be met by the player and parents before a player can perform a qualified attempt:

1. Attempt goal only 1x month
2. Provide juggling journal showing minimum of **ten,** 10 minute juggling sessions outside of training
3. Players have 2 attempts per qualified attempt, meaning if ball hits ground, player has one more try to reach goal.

* **Open to any Ridgewood soccer player or player playing for Maroons or RSA.**

**Awards for Success**

* 10+ = Name listed on Leader Board
* 100 = 100 Juggling Elite Shirt; Leader Board Listing
* 200 = 200 Juggling Elite Shirt; Leader Board Listing \*\*\*Minimum level necessary for current High School player entry\*\*\*
* 250 = 250 Juggling Elite Shoulder Bag; Leader Board Listing
* 400 = 400 Juggling Elite Shirt ; Leader Board Listing
* 500 = 500 Juggling Elite Shirt ; Size 5 Match Ball; Leader Board Listing
* 750 = 750 Juggling Elite Shirt; Soccer Warm-Ups ; Leader Board Listing
* 1000 = 1000 ***Juggling Elite******Master***; Professional Jersey of Choice; Leader Board

**Juggling Journal**

* A juggling journal must be maintained to achieve a qualified attempt. Journal must show a minimum of **Ten,** 10 minute juggling sessions completed outside of training. A good starting number for beginning players is between 300-500 practiced touches per session. Players must complete their log and get their parents signature and present completed form prior to a Qualified Attempt.

**Qualified Attempt**

* A player may request an official *Qualified Attempt* from any member of the Board of either MSC, RSA, or with any of the High School soccer coaches, or by emailing [michaelcobb@optonline.net](mailto:michaelcobb@optonline.net) .
* At certain times throughout the year, Juggling Elite Events will be scheduled and the official juggling journal will not be required.

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**MAROONS SOCCER CLUB**

***JUGGLING ELITE JOURNAL***

|  |  |  |  |
| --- | --- | --- | --- |
| **Player’s Name:** | |  | |
| Date | | Time | High # Juggles |
| Example: 24 Sept 2011 | | 10 minutes |  |
| 1. | |  |  |
| 2. | |  |  |
| 3. | |  |  |
| 4. | |  |  |
| 5. | |  |  |
| 6. | |  |  |
| 7. | |  |  |
| 8. | |  |  |
| 9. | |  |  |
| 10. | |  |  |
| **Must have ten, 10 minute practice sessions**  **to earn a qualified attempt.** | | | |
| Parent’s Signature |  | |  |