



INTERNATIONALS Soccer Club



ALL FOR ONE



ONE FOR ALL



Internationals Soccer Club: A History of Excellence

Introducing... The Internationals Juggle Club!

The purpose of the Internationals Juggle Club (IJC) is to encourage our players to get more touches on the ball and practice on their own by providing them with a fun objective. The goal is to get them to use all different surfaces (not just one or two). As a player 'graduates' to each level they will receive a Certificate of Accomplishment to recognize their achievement. Once a player reaches the highest levels they will also receive an award of the coaches choosing. A staff coach will be the judge of levels reached. This is for players U14 and below.

IJC Levels for U10-U12:

Player must start w/ ball on the ground – no hands!

Level	# of Touches	Sequence
Club Foot:	4	Left Foot, Right Foot, Left Foot, Right Foot
Club Thigh:	8	(Left Foot, Right Foot, Left Thigh, Right Thigh) x 2
Club Head:	10	(Left Foot, Right Foot, Left Thigh, Right Thigh, Head) x 2
Club Ladder:	10	Left Foot, Right Foot, Left Thigh, Right Thigh, Head, Head, Right Thigh, Left Thigh, Right Foot, Left Foot
Club International:	12	Left Foot, Left Thigh, Head, Head, Right Thigh, Right Foot, Right Foot, Right Thigh, Head, Head, Left Thigh, Left Foot.

IJC Levels for U13-U14:

Player must start w/ ball on the ground – no hands!

Level	# of Touches	Sequence
Club Foot:	8	Left Foot x2, Right Foot x2, Left Foot x2, Right Foot x2
Club Thigh:	16	(Left Foot x2, Right Foot x2, Left Thigh x2, Right Thigh x2) x2
Club Head:	20	(Left Foot x2, Right Foot x2, Left Thigh x2, Right Thigh x2, Head x2) x2
Club Ladder:	20	(Left Foot, Right Foot, Left Thigh, Right Thigh, Head, Head, Right Thigh, Left Thigh, Right Foot, Left Foot) x2
Club International:	16	Left Foot, Left Thigh, Left Shoulder, Head, Head, Right Thigh, Right Shoulder, Right Foot, Right Foot, Right Thigh, Right Shoulder, Head, Head, Left Thigh, Left Shoulder, Left Foot.

HAPPY JUGGLING!!