



Dallas Texans Juggling Achievement Club

Boys and Girls U-8 to U-13
Technical Skills Training Program



What's Your Goal?



Mission Statement

- ***The Dallas Texans Juggling Achievement Club is designed to provide a goals-setting system that can be utilized to achieve significant improvement in technical skill, enhanced parental involvement in player/child development, and further association of life long fun with the game of soccer.***



Juggling Achievement Club

- **Develop time management skills by maintaining discipline in a goal-setting based juggling routine**
 - Begins with 1+ hour a week dedication consisting of 20 -30 minute juggling sessions 3 days a week.
 - A good starting number for beginning players is 300 – 500 practiced touches per session, this can be accomplished usually in 20 – 30 minutes
 - Setting and achieving a goal of 300 - 500 per session gives children a sense of accomplishment and improvement in technical ability



Parental Involvement

- **Parental assistance and involvement with player progression increases their sensation of contribution to the player's development** (A positive point of pride for parents!)
- Parental assistance with the "Texans Juggling Journal" will display emphasis of task importance by parents
- Continued interest by parents frequently results in an increased and continued interest by players
- Supervision by parents can provide added ability to diagnose technical errors and additional suggestions for correcting errors



Process of Success

- **Practicing juggling regularly increases skills with the ball that are necessary for continued progression in the game**
 - A chance to perform juggling abilities in front of a coach provides an opportunity to display achievement in skill and dedication to the game
 - Peer recognition of improved technical skill by teammates, parents, and coaches provides a improved sense of confidence to players
 - Improved confidence often reciprocates in to increased ability to perform in the training environment and to compete at higher and higher levels of match play



POWERED BY

SOCCER



Rules of Qualification

- **Certain requirements must be met by the player and parents before a player can perform a qualified attempt**
 - Players can only attempt a goal once a month, on the last practice of the month for each respective team either before or after training at the coach's discretion
 - In order to attempt a goal players must present signed proof (Texans Juggling Journal) of a minimum of (12) 20 -30 minute juggling sessions outside of training
 - Players have two tries at obtaining a goal per qualified attempt. Meaning if a player allows an error (ball hitting the ground) they have one more try to reach the goal without such an error



Awards

- **Providing rewards for goal-achievement serves as a form of double motivation for player accomplishment**

- 100 juggles = "100 Juggles Club" T-shirt
- 200 juggles = Pair of Nike Soccer Socks
- 300 juggles = "300 Juggle Club" T-shirt
- 400 juggles = Texans Nike Hats for Parents
- 500 juggles = "500 Juggles Club" T-shirt and Nike Size 1 juggling skills ball
- 750 juggles = Nike Manchester Boots Bag
- 1000 juggles = Nike Size 5 match ball and "1000 Juggles Club" T-shirt
- 1500 juggles = Manchester United Jersey
- 2000 juggles = NIKE warm-up
- 2500 juggles = Nike gift certificate to Soccer Corner (\$120)



Benefits

- **Potential benefits of this program include improved club unity, continued club success, and spill over effects of goal-setting in to community life**
 - Parent / player bonding through goal accomplishment increases association of positive direction when considering interactions with club
 - Improved technical skill of all juggling club participants should translate in to continued and/or improved match capabilities for juggling club participants
 - Realizing the potential of goal-setting techniques on soccer skills can help families identify other areas of their lives, that can benefit from the application of such methods

