



presents

# National All Rounder Championship

1 December 2020- 28 February 2021

**Self-Learning Manual: Activity 03**

**Physical skills:**

**Juggling Football**

**Age: 12-17 years**

Our sponsors





**Juggling football**

1

1

Find a football

2

2

Juggle football using body parts except hands

3

3

Juggle for 30 touches or 1.5 minutes (either)

4

4

Submit entry

## Activity description

The child is required to juggle a football. Juggling, popularly known as Keepie-Uppie, is an advanced skill in soccer/football. To juggle a football is to balance it on feet, thighs, legs, shoulders, chest, head and back and prevent it from touching the ground. The idea is to keep the ball aloft for a longer duration. To perform the activity, the child needs a football or a ball of an equivalent size i.e. 8-9 inches for a diameter. Juggling the ball should not require a lot of space or area and can be done anywhere in the house. While performing the activity the child may use any of the body parts mentioned above (but not hands/arms).

The child may refer some of the video tutorials/links in the Resources section. In case the child currently doesn't have a football & is not able to borrow/arrange for the same from another kid in the neighbourhood, you can either create a ball (chungi) using rubber bands (details in resources section) or worst case, use a balloon (balloons are the less preferred but use it if you have no other option).

The child should juggle the ball for either 90 seconds or for 30 touches continuously (whichever happens sooner).

## Assessment guidelines

The total non-bonus points for this activity is 30. Every submission would be rated as either of below.

<b>M = Master</b> (100%)	The child can juggle the ball for at least 90 seconds or 30 touches (without ball touching the ground or hands/arms touching the object).
The child can juggle the ball for at least 60 seconds or 20 touches (without ball touching the ground or hands/arms touching the object).	<b>I = Intermediate</b> (80%)
<b>B = Beginner</b> (50%)	The child can juggle the ball for at least 30 seconds or 10 touches (without ball touching the ground or hands/arms touching the object).
For participating in the event & making an event relevant submission which does not meet assessment guidelines for M, I or B.	<b>A = Aspirant</b> (25%)
<b>NA (Not applicable)</b>	No submissions or any submission which is irrelevant for the activity.
<b>50% bonus marks:</b> If the child securing an M can perform the task using at least 6 legit & unique body parts	

National All Rounder Championship 2020-21

### Expert coach speaks

*Age 12 to 17 is the most sensitive period in child development. At this age, the child begins to develop a strong sense of self. Several hormonal changes occur in the body which in turn affect the child's social interactions and relationships. Both these factors - the personal and the social - contribute to the way the child looks at oneself. One of the factors that ensures that the two development go together is sports.*

*The adolescents enjoy team games like soccer, football, cricket, tennis, etc. The given activity will help the child improve a skill related to football. In carrying out the activity, s/he will subtly realize how important personal physical skills are for the self and for the benefit of one's group/team.*



### Key benefits of this activity

The activity benefits in many ways:

- Increased muscle strength and flexibility
- Improved touch and motor skills
- Better spatial understanding
- Enhanced coordination of body parts
- Lubrication of joints and boost in brainpower
- Improved timing, balance, and body control
- Skill to excel in football / soccer

#### Common mistakes to avoid

- *If the child has set out to try the skill for the first time, please note that s/he does not kick their leg too high for there are chances that the child may lose control on the ball.*
- *Kicking the ball too high initially might disturb the momentum. It is therefore advisable to keep the ball close to the limb.*
- *When tackling the ball with upper body parts, be in control of the ball to avoid injury of delicate organs like eyes, nose etc.*

#### Useful web resources

- [Messi & Neymar juggling football](#)
- [Video tutorial to learn basic juggling](#)
- [Video tutorial to learn advanced juggling](#)
- [Tips to improve juggling skills](#)
- [World class freestyle football juggling](#)
- [Freestyle football juggling from Brazil](#)
- [Football juggling in streets of India](#)
- [Video tutorial to make a rubber band ball](#)

To submit your entry, visit our website ([www.kid-ex.com](http://www.kid-ex.com)). For any queries, email us at [info@kid-ex.com](mailto:info@kid-ex.com).

**Keep learning! Keep growing! Stay happy! Be successful!**