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National All Rounder Championship

1 December 2020- 28 February 2021

Self-Learning Manual: Activity 03

**Physical skills:
Juggling Football**

Age: 7-8 years

Our sponsors



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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 30 seconds or for 10 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.

M = Master
(100%)

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).

The child can juggle the ball for at least 15 seconds or 5 touches (without ball touching the ground or hands/arms touching the object).

I = Intermediate
(80%)

B = Beginner
(50%)

The child can juggle the ball for at least 10 seconds or 3 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.

A = Aspirant
(25%)

NA (Not applicable)

No submissions or any submission which is irrelevant for the activity.

50% bonus marks: If the child securing an M can perform the task using at least 5 legit & unique body parts

Expert coach speaks

Children of 7 and 8 years of age are near adolescence. Their body prepares for rigorous and vital engagements. They experience growth and first signs of maturity. It is important that the guardians ensure that the children engage themselves in activities which require them to move and perform physically.

The child at this age should be exposed to a lot of games and sports. The given activity will introduce the child to one of the skills of the popular game called football. Juggling the football will enable the child to develop healthy and strong muscles as well as improve coordination of mind and body.



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](#)

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