

## Programs

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### About the Program

#### What is Juggling?

Juggling is the act of keeping the ball off the ground. For soccer players, this means using any part of your body (feet, thigh, chest and head) to maintain control of the ball in the air without using your HANDS!! If you haven't juggled before, try the following: Hold the ball out in front of yourself. Now, drop the ball onto either your laces or thigh, and knock it back into your hands. Once you get a feel for this, try to do it two or three times in a row without using your hands!



#### Why Juggle?

Because juggling can significantly improve your game in many different ways! Your touch on the ball is vital to the game of soccer. If you can juggle the ball consistently, you are more likely to be consistent when receiving and distributing the ball in games. It's a great way for you to learn how the ball reacts to different touches and surfaces. Juggling can also improve your confidence on the ball. not to mention, it is fun!!!

#### When to Juggle?

The best part about juggling is that you can do it almost anywhere and all it takes is YOU and YOUR BALL!! The most effective way to achieving your juggling goals is to PRACTICE ON YOUR OWN! Beating your score and challenging yourself are important keys to improving your game. Juggling a soccer ball with feet, thighs or head is an excellent activity for both beginners and advanced players alike. It's a great warm-up activity and you will notice that after only a few minutes, your heart rate rises and muscles become warm and loose.

#### Juggling Club Rules

NO BOUNCES AND NO HANDS! Honor system will be followed.

#### Reporting Juggles

When reporting your juggles, please include: first and last name, age, exact number of juggles, and team that you play on. To have a new individual record (IR) documented, please send this information via e-mail to Alaska Rush Director of Coaching Boys [Mike Montgomery](#). Player's accomplishments will be kept on the Alaska Rush website for the world to see! Rewards in the form of Juggling Club Recognition and prizes are free of charge by Alaska Rush and are available at the office.

#### Juggling Club Milestones & Recognition

- Bronze Award (100 juggles): Recognition on the Alaska Rush Website and mass email sent out to members recognizing their achievement
- Silver Award (250 juggles): Same as Bronze plus Juggling Club Certificate
- Gold Award (500 juggles): Same as Silver plus video on Alaska Rush YouTube page
- Grand Prize (1,000+ juggles): Same as Gold plus induction into the Alaska Rush Juggling Hall of

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Fame, and an [adidas Brazuca 2014 Final Top Replique](#) soccer ball.

Name	Team	# of Juggles	Date
Paul Matyas	96B	4,400	2013
Robbie Blom	95B	1,520	8/13/2009
Paul Matyas	96B	1,375	10/17/2009
Paul Matyas	96B	630	8/16/2009
Taylor Johnson	02G	530	2/24/2015
Will Campbell	92B	522	1/4/2008
Darby Judd	99G	506	2/3/2015
Mark Weinstein	91B	501	1/11/2008
Paul Matyas	96B	500	6/5/2009
Taylor Johnson	02G	454	2/3/2015
Max Anders	04B	451	1/10/2015
Taylor Johnson	02G	435	1/15/2015
Paul Matyas	96B	400	3/11/2009
Mark Matyas	95B	374	9/19/2009
Rachel Fisher	97G	363	12/22/2014
Holly Makar	02G	362	2/5/2015
David Bates	97B	359	9/4/2009
Holly Makar	02G	326	1/15/2015
Jack Sedor	97B	313	8/21/2009
Sarah Newton	97G	300	
Paul Matyas	96B	300	10/17/2008
Carly Butcher	90G	296	3/25/2008
Joshua An	97B	289	9/4/2009
Jack Sedor	97B	282	8/19/2009
Drew Spink	96B	280	
Maya Edwards	02G	267	2/5/2015
Taylor Stumbaugh	97G	263	9/9/2010
Weston Hoerdeman	92B	258	9/7/2008
Taylor Stumbaugh	97G	253	2/3/2015
Tabitha Wheeler	00G	253	1/26/2015
Mark Matyas	95B	251	9/22/2008
McKay Eves	98B	240	7/21/2009
Joshua Taylor	97/98B	235	
Quinn Smith	04B	221	1/10/2015
Maya Edwards	02G	215	1/15/2015
Jessi Beverlin	93C	204	9/28/2008
Joshua An	97B	200	8/7/2009
Darby Judd	99G	181	1/11/2011
Sebastian Szweda-Mittelstadt	02B	167	
Tara Fischer	97G	161	2/3/2015
Sophie Gross	99G	161	

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Sarah Newton	97G	152	2/3/2015
Chase Hodges	FEX 02B	151	2/8/2015
Karina Bartlett	00G	151	
Amine Benarroudj	04B	150	1/10/2015
Carla Hanley	97G	133	2/3/2015
Sarah Armbrust	93G	133	4/14/2008
Paul Matyas	96B	130	1/28/2008
Emily Davis	92G	126	6/5/2008
Hailee Brown	97G	122	3/2/2015
Brianna Linnell	99G	120	2/3/2015
Robin Hughes	97G	113	4/5/2010
Karena Bartlett	00C	111	2/3/2015
Laura Aspelund	97G	110	8/7/2010
Sterling Crossman	95B	105	6/19/2009
Carby Judd	99G	104	10/27/2010
Carla Hanley	97G	101	10/18/2009
Taylor Stumbaugh	97G	100	10/17/2009

### Get Motivated!

- Are you on the list yet?
- Have you beaten your record?
- Have you beaten your record recently?
- Is there a player on your team you would like to beat?
- Is there a player on this list that you would like to beat?

Report any new juggling record to your coach. On behalf of the Alaska Rush coaches and everyone at Alaska Rush, congratulations on your juggling!

### Juggling Club Members & Stats

- [Rush Juggling Hall of Fame \(500+\)](#)