

XLR8 Juggling Sheet

Player Name: _____

Week 1							
Day	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
10 min							
Highest Score							

Week 2							
Day	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
10 min							
Highest Score							

Week 3							
Day	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
10 min							
Highest Score							

Week 4							
Day	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
10 min							
Highest Score							

Week 5							
Day	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
10 min							
Highest Score							

Week 6							
Day	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
10 min							
Highest Score							

Juggling	No. of Juggles in a row	Completed
Bronze	50	
Silver	100	
Gold	500	
Platinum	1000	



Fall in love with the ball & XLR8 Your Development!

Under 10,11,G12 - Formation & Key Tactical Points



When we have the ball

- Make the field BIG
- Number 2 & 5 providing width
- Number 7 & 11 to provide width & create 1 v 1s
- Number 6 & 9 to create depth (high and deep)
- Number 8 & 10 finding gaps in between opposition players, looking to receive and play forward passes
- Short corners & short quick free kicks
- Play short passes from defence to attackers
- SCAN before receiving a pass
- Switch the point of attack
- Support ball carrier with options (Right, Left, Middle, Far)
- **CREATE & CONVERT GOAL SCORING CHANCES**



When we DON'T have the ball

- Make the field SMALL – Compact Shape
- Number 2, 5, 7 & 11 to tuck in
‘Close the umbrella’
- Closest player presses the ball, with team organised behind and around the ball
- Attempt to win the ball back within 6 seconds
- Win possession and keep the ball