

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 13 - Under 18 - Formation & Key Tactical Points



When we have the ball

- Make the field BIG
- Number 1 find the free player and be a support option to back four
- Number 3 & 4 play positive forward passes
- Number 2 & 5 providing width
- Number 7 & 11 to provide width & create 1 v 1s
- Number 6 (deep) & 9 (high) to create depth
- Number 8 & 10 finding gaps in between opposition players, looking to receive and play forward passes
- SCAN before receiving a pass
- Switch the point of attack
- Support ball carrier with options (Left, Right, Middle, Far)
- Quick free kicks
- 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 as soon & as high up the field as possible
- Limit opponent's ability to create scoring chances
- Win possession and keep the ball