

# *M.I.G. Soccer*

## JUGGLE CHART 2.0

*(Advanced Juggling)*

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Bounce Juggling (Right Foot)							
Bounce Juggling (Left Foot)							
Bounce Juggling (Alternate Feet)							
Basketball Dribble (Right Foot)							
Basketball Dribble (Left Foot)							
Basketball Dribble (Alternate Feet)							
Gravity Drops (Alternate Feet)							
Scoops Alternate (Left & Right)							
"Zidane " Scoops (Right to Left)							
"Zidane" Scoops (Left to Right)							