

Focus Activity

Practice Juggling

Key teaching points for juggling:

1. Keep your leg straight and lift the leg from the hips. Don't just bend the knee; make the stomach muscles help to raise the entire leg.
2. Keep toes pointed down. This will create a flat surface along the top of the foot for the ball to hit off of.
3. Concentrate on the ball with your eyes and try to hit the center of the ball each time.
4. As you get a "feel" for direction and flight of the ball, try and tell the ball where to go, i.e. how high you want it to go and directionally where you want it to go. This will greatly improve your first touch in soccer.
5. See how many juggles you can get using your feet, thighs, chest and even your head, but no hands!
6. Remember the **3 C's: Core (muscles), Concentration & Commitment!**
7. Rate yourself daily for a week. Reflect each day and give yourself a rating of 1-5.

Positive Character Strength	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Overall Score
Focus								
1. I show the ability to block out distractions and maintains focus and concentration.								
2. I show the ability to refocus on juggling if my mind and attention start to wander.								
3. I show the ability to focus and refocus when I'm struggling and becoming frustrated. (Remember to also use positive self-talk)								

SCALE

1 = Very much unlike me

2 = Unlike me

3 = Somewhat like me

4= Like me

5 = Very much like me

Self-Reflection on Focus Character Strength

How did it go?
What went well?
Where can you use feedback to get better?