

## Hand Eye Coordination

This week I want to challenge all the Rush Goalkeepers to learn how to juggle. Not juggling in the soccer sense! Actual juggling with your hands. You can use tennis balls or even rolled up socks, but the goal is to juggle three balls at one time.

Juggling is fantastic hand eye coordination training which we all know is extremely important while in the goal! To help you I have found a video from a World Record Holding juggler that will walk you through steps to build toward juggling three balls.

Work hard and try to spend a little time each day working at this skill!

Click [HERE](#) for the juggling video