

# TASK #1: WALL PASS

## HOW TO PLAY:

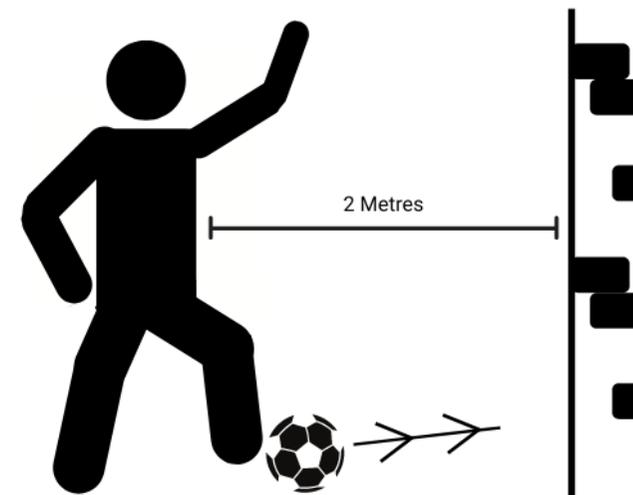
Stand 2 metres away from the wall. Using the side of your foot pass the ball towards the wall and control it on the return.

Keep your non-kicking foot close to the side of the ball, use your arms for balance and keep your head still and eyes on the ball.

To challenge yourself you could stand further away from the wall or use only your weak foot. [Click here](#) to view a video of this task.

## SCORING:

For each successful pass that you control you get 1 point. You have 1 minute to complete as many passes as possible.



## EQUIPMENT

- 1 Cone
- 1 Ball
- Timer



## TASK #2: SIDE TO SIDE

### HOW TO PLAY

Place the ball in between your feet, with your legs shoulder width apart.

Slightly bend your knees and knock the ball in between your feet as quickly as possible using the inside of both feet without losing control.

To make this more challenging you could try moving forwards and backwards.

[Click here](#) to view a video of this task.

### SCORING

You have 30 seconds to complete as many side to side passes as you can.



Place the ball in between your legs  
shoulder width apart

### EQUIPMENT

1 ball

Timer

# TASK #8: TOE TAPS

## HOW TO PLAY:

Mark out a 5 by 5 metre square.

Stand in the middle and place the ball in front of your feet.

Tip the top of the ball with the sole of your foot.

The ball should stay in the same position. Use your arms for balance and switch feet after each touch.

To make this more challenging, try your other foot leaving the floor before you have put the 'tip' foot back on the floor. [Click here](#) to view a video of this task.

## SCORING

You have 30 seconds to complete as many toe taps as possible, you get 1 point for every successful toe tap you do. Time for 30 seconds.

## EQUIPMENT

- 1 ball
- 4 cones
- 1 timer



# TASK #4: CONE SPRINTS

## HOW TO PLAY

Set up a 10 metre long area, put a cone down at the start and the end.

Dribble the ball to the cone 10 metres away, dribble around the cone and dribble back keeping the ball as close to your feet as possible.

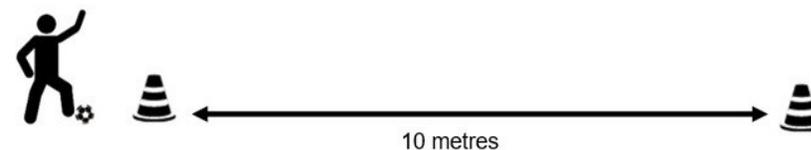
To make this more challenging, try dribbling with just your weaker foot. [Click here](#) to view a video of this task.

## SCORING

You have 1 minute to complete as many sprints as you can.

One lap round the cone and back is 1 point.

For example, if you complete 10 full laps you will be given 10 points.



## EQUIPMENT

- 1 Football
- 2 Cones
- 1 Timer

