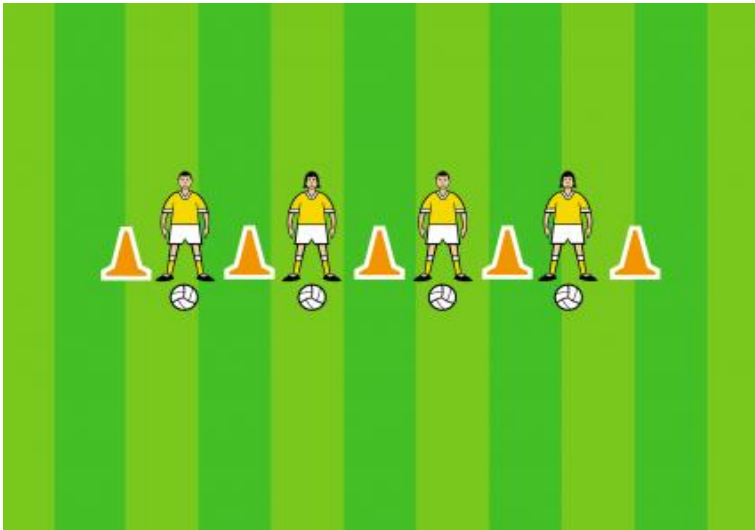


LEVEL 1

SOLO - MULTIPLE TOE TAP

— FOOTBALL



This is a basic drill to practice the Solo technique

Organisation

- Each player has a ball
- Ensure each player has adequate space to perform the technique in a stationary position
- On the whistle, the players solo the ball on the spot
- The players count how many times they can solo the ball successfully in 30 seconds
- Start again if the ball is dropped or if the ball goes above the head
- Set a target for each player depending on their ability
- Players repeat the drill using the opposite leg

STEP Variation

Space – Organise the drill in pairs with the partners counting for each other

EQUIPMENT LIST



Cones



Football

Notes
