


LEVEL 2  
**SOLO - TOE TAP RELAY**  
— FOOTBALL



EQUIPMENT LIST

 Cones

 Football



This intermediate drill to practice the Solo technique requires the players to solo around a number of obstacles

**Organisation**

- Divide the players into groups of 5; one ball per group
- Mark out a distance of 12m using cones
- Place 4 poles or more cones at equal intervals between the outer cones
- Alternatively, 4 of the players may act as the obstacles
- The players line up at one end
- Each player in turn solos the ball in and out between the poles, or their team mates
- When soloing to the left the players should use their left leg and when soloing to the right the players should use their right leg

**STEP Variation**

Task – Increase the distance between the poles and incorporate a bounce between toe taps

Notes

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