

TOE-TAP



1. Hand holding ball is lowered towards kicking leg, releasing the ball.
2. Eyes on ball.
3. Straighten your leg as you flick your instep upwards.
4. Try toe-tap with non-preferred foot.

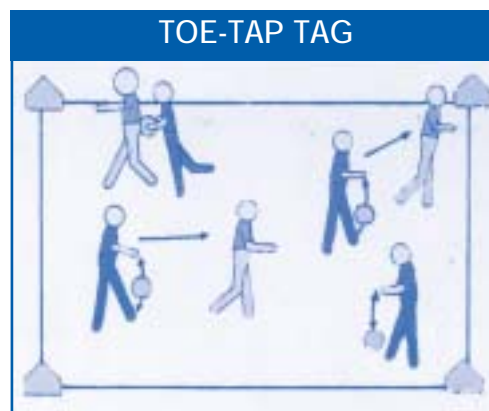
SKILL DRILLS

KEEP BALL UP

Using foot only, each player in turn counts how many foot taps he/she can perform before the ball hits the ground.

Encourage those who are competent to try keeping the ball up, using their weak leg.

TRY AND BEAT YOUR PARTNERS HIGHEST COUNT.



Use a confined area (basketball court) 5-6 per team.

Team A, each toe-tapping a ball as they run, chase and try to tag players of other team by touching them with the ball. Each team tries to tag as many players as they can in one minute. Rotate teams so all get a chance of chasing. Emphasise safety aspect.

TOE-TAP ROUND PARTNER

Stand 10m apart. Toe-tap the ball as you move towards and around your partner and back. Then kick to partner to repeat.