



Drill Library



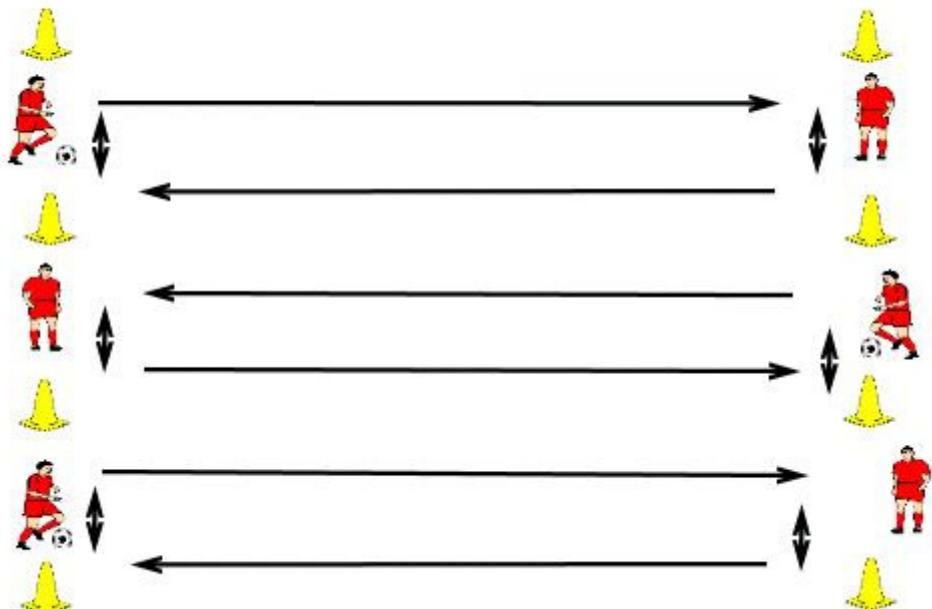
Topic: Techniques

Drill Name: 5 Toe Taps - Pass

Age Group: U/8 to U/9

Objectives: A passing and receiving exercise

Diagram:



Description: Players start 1 to 5 meters apart. Players then complete 5 toe taps then use the inside of their foot to pass the ball to their partner.

Progressions: Increase the distance of the pass

Coaching Points: Player bend their knees and stay balanced when performing the toe taps. Pass must be along the ground.