# quick pass record

day	number in 60 seconds
best day total	

### wall pass practice:

stand one yard away from the wall. use inside of foot to start progress to instep, outside wider passes, but get the simple straight pass right first !

tap the ball to the wall changing from right foot to left foot receive the ball first time and tap back.

how many times can you tap and control continuosly in 60 seconds.

#### Practice for 5 to 10 min a day !

write down your best score for the day and try and beat it the next day !

#### KEEP THE CARD ON YOUR WALL OR REFRIDGERATOR WHERE YOU CAN SEE IT.

<u>\* this exercise covers three important things:</u> first touch skill with both feet, improves balance by quickly moving feet ahead of the ball and cardio fitness in a soccer like practice.

Improvement in these three areas over time allows the player to gain confidence and that translates to time to make decisions in the game. planted foot even with ball pointed straight ahead point knee to 90 dgrees so foot turns.

## left foot

