GET OUT, GET FIT, GET ACTIVE







Tap Dance: With the bottom of your foot, tap the soccer ball for 30 seconds. Now spin around while still tapping the ball! How may taps can you count while keeping the ball under control?

Trainer Tip: Keep your eyes on the ball!

HOW MANY TAPS?

ALTERNATING FEET

DATE ACHIEVED



PASSING



Knock Out: Set out your cones and other objects over a wide area. Passing the ball aim for the cones and keep track of the number you successfully hit. Reset any cones you knock down and keep passing. What's the highest number you can hit with a pass?

Trainer Tip: Keep your ankle locked when passing!

HOW MANY CONES?

MY RECORD

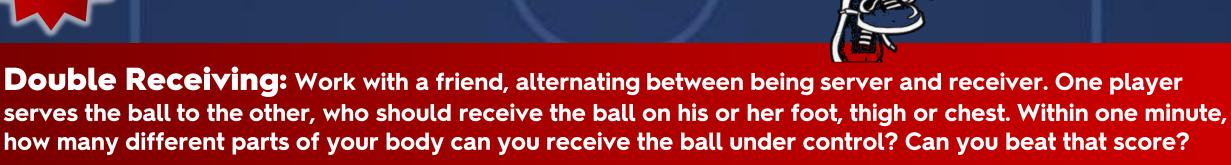
DATE ACHIEVED

GET OUT, GET FIT, GET ACTIVE





RECEIVING BALLS



Trainer Tip: Align yourself in the path of the ball!

HOW MANY DIFFERENT BODY PARTS?

MY RECORD

DATE ACHIEVED



SHOOTING



Keeper: Work with a friend, alternating between shooting and playing goalkeeper. Stay about 10 yards away from the goal. How many goals can you score against the keeper in one minute?

Trainer Tip: Keep your toe down when shooting!

HOW MANY GOALS? **MY RECORD**

DATE ACHIEVED