

Session:

- 1- Toe Taps
- 2- Inside Taps
- 3- Roll Across
- 4- Roll and Stop
5. Roll & Push
 - Same foot
 - Alternate foot
 - Outside of foot

(Watch coach Will demonstrate these skills for you in the link below)

EQUIPMENT:

- Football
- Cone

Challenges:

How many of each exercise can you complete in a minute?

Record your score and give yourself a total for all 8 exercises.

You can then return to this and try and beat your scores.

https://www.youtube.com/watch?v=NtrV0toTAgw&list=PLORok_CRMoGieE5JnjOjUSmgG7HmJVRt5&index=3