

### Session:

1 – Passing the ball against the wall using both feet.

2 – 1 touch passing using the same foot. Make sure you practise both feet.

3 – Pass and take it across your body.

(Watch coach Jack demonstrate each skill in the video link below)

### EQUIPMENT:

- Football
- Wall
- Cone

### Challenges:

Using the last skill of the session, where you had to take the ball across your body, can you try this challenge.

Place a cone in front of you, pass the ball down one side of the cone, receive it back on the other and take it across your body behind the cone.

How many times can you do this in a minute, if the ball hits the cone at any time, you must start the time again.

Good Luck!

[https://www.youtube.com/watch?v=pxCBSnxjeCE&list=PLORoK\\_CRMoGieE5JnjOjUSmgG7HmJVrt5&index=4](https://www.youtube.com/watch?v=pxCBSnxjeCE&list=PLORoK_CRMoGieE5JnjOjUSmgG7HmJVrt5&index=4)