

## Static Foot skills (in an area)

### Description:

Static foot skills

### Coaching Points

- Use of sole, laces, inside and outside.

### Progressions:

Find space as an individual and get as many touches as possible of the ball.

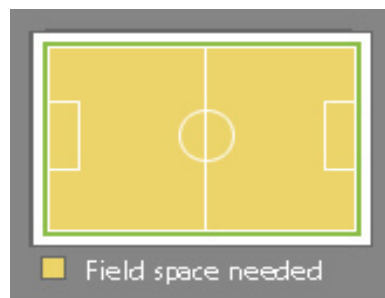
Toe taps

Foundations

Combinations

Movement forwards and back

### Materials Needed



### Balls

- Cones