Activity Title: Youngest Grid 1 Day 2

Activity Name: Passing Wall

Activity Setup:

1. Place a ball directly on the wall

2. Bounce back walls placed with a line 3 yds away from each on a cone. Place a ball 1yd away from each wall

Activity Description:

1. Players will firmly use the correct part of the foot and motion with hips facing the the ball to pass the ball into the wall without it moving. then return to the line. Next player goes.

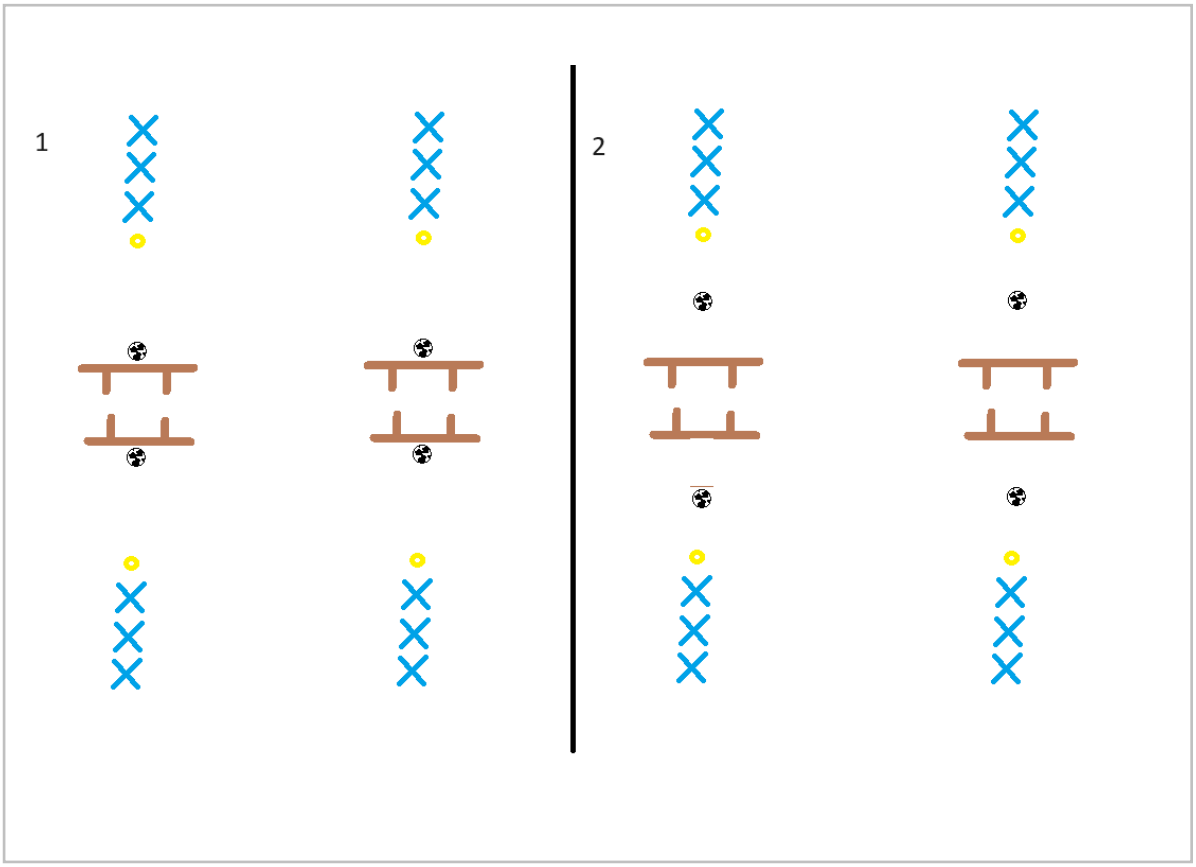
2. Players will run up one at a time, using the proper part of the foot to pass the ball into the wall and receive at the same spot. Then run back to the line. Next player goes.

Emphasis:

Fat part of the foot

Firm strike

Cue Words:

Fat part

Strike through