Activity Title: U5 Day 1 - Activity 4

Activity Name: Activity Name: Jump inside and outside tap

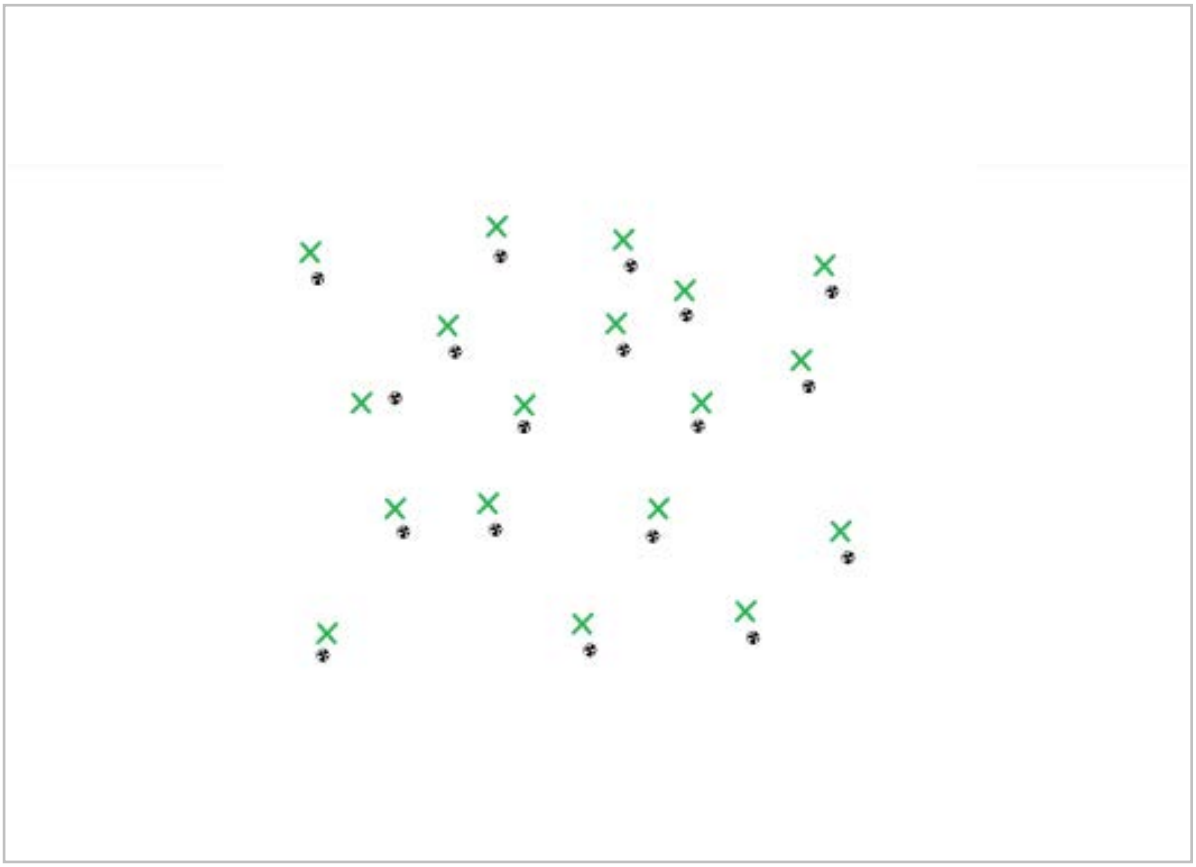
Activity Setup: Every player with a ball within the grid

Activity Description: Coach will demonstrate a jump to put the ball between the player's feet, then tap the ball with an inside of the foot.
The coach will then
say “Jump” as the players jump to put the ball between their feet, then say “inside touch” as the players make a tiny inside touch.
Repeat going to the other direction. Emphasize very small touches. Make fun by changing the jumps
(jump like a monkey, jump like a rabbit, etc.)

Repeat the activity using the outside of the foot.

Emphasis:

Keep ball close
Inside and outside tap is very light to concentrate on where the ball is contacting the foot, not where it goes

Cue Words:

Keep ball close
Inside touch across the body
Follow the ball