	Skill Level	Skill Focus	Age Groups
	Beginner & Intermediate	Ball Control	U5/U6 U8

Title: Can You Do This **Duration**: 10-15 minutes

Setup: 15x15 yards (bigger if needed)

Description: This activity teaches the players several core touches. Each touch should be demonatrated and then see how many touches the player can do in 30 seconds. Repeat the 30 second challenge 2 more time (3 times total) to see if the player can beat their previous score.

Toe touches: Tap the top of the ball with your toes switching feet each time. The players should hop when switching feet.

Tick Tocks: Tap the ball between your feet. Don't stand flat footed.

Brushes (aka Rolls): With your right foot roll the ball to the left by putting your foot on top of the ball and use a sweeping motion to move the ball. Switch to your left and roll/brush the ball to the right.

Pull Back Turn (Intermediate): With your right foot ontop of the ball, pull it backwards and turn with it then stop the ball by putting your left foot on top of the ball and pull it backwards. The ball should pass infront of the player and not behind them.