



U10 - U12 - STC - Passing #1

Passing #1 - Tuesday, June 2nd

Pass ball with the inside of the foot

Directions: Find a wall and pass against a wall for 2 minutes

- Plant supporting foot next to the ball pointing towards target
- Contact the middle of the ball with inside of the foot with ankle locked
- Follow through towards target with striking foot remaining open throughout
- Challenge yourself to use both feet

Passing #2 - Thursday, June 4th

Pass ball with outside of the foot, follow through toward target

Directions: Find a wall and pass against a wall for 2 minutes

- Plant supporting foot behind the ball
- Contact the middle of the ball with outside of the foot with ankle locked
- Follow through towards target
- Challenge yourself to use both feet



Juggle Up I-5

Vancouver

4 Juggles with Feet.

Woodland

4 Juggles with Feet
alternating

Kalama

5 Juggles with Thighs

Kelso

5 Juggles with Thighs
alternating

Desired Outcome: Improve your ability to release the ball with multiple surfaces.

Desired Outcome: Improve your ability to juggle the ball with multiple surfaces.

Let the coaches know when you complete all May activities for a prize! Email: cgallanger1@gmail.com & technicaldirector@blackhillsfc.org

June 2-8