



U10 - U12 - STC - Passing #2

Passing #3 - Wednesday, June 10th

Pass the ball with top of the foot, follow through the ball.

Directions:

- Dribble forward & Plant non-kicking foot to the side, slightly behind the ball
- Contact the middle of the ball with laces, ankle locked, toe pointed down
- Body weight forward chest and knee over the ball at contact
- Follow through and on land on the striking foot

Passing #4 - Friday, June 12th

Curl the ball with inside of the foot, follow through the ball.

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

- Plant non-kicking foot next to the ball
- Contact the outside of the ball with the inside of the foot
- Follow through with the ankle rotating into the body



Juggle Up I-5

Castle Rock

3 Juggles Left Foot only

Toledo

3 Juggles Right Foot only

Centralia

4 Juggles Right Thigh only

Olympia

4 Juggles Left Thigh only

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 9-12