

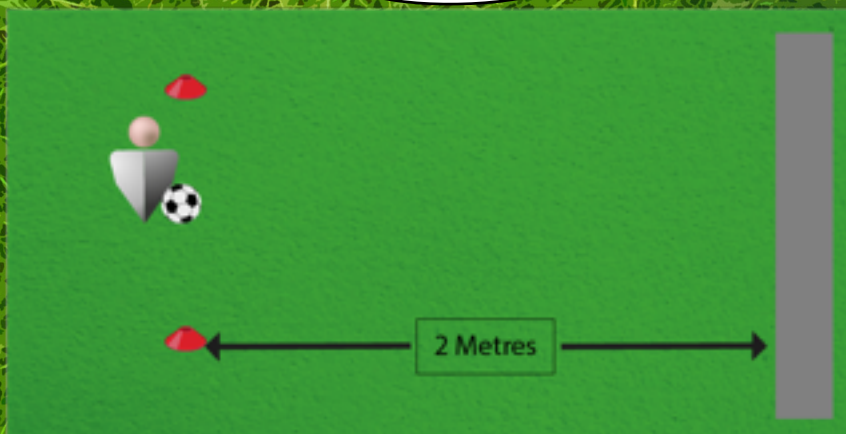


PE SKILL SCHOOL

CHALLENGE #12

FOOTBALL PASSING

HOW MANY ONE TOUCH PASSES CAN YOU MAKE IN 30 SECONDS?



RULES!

- 1) Place 2 cones 2 metres from a wall or flat surface.
- 2) All passes must be made from behind the cones.
- 3) You can pass off any foot.
- 4) You must pass first time (do not take a touch to control the ball).
- 5) Count how many times the ball touches the wall in 30 seconds.

TIPS!

- Use different parts of your foot to strike the ball.
- Strike through the middle of the ball.
- Follow through the ball with your passing foot.
- Keep your weight forward to ensure the ball stays on the floor.
- Plant your non-kicking foot next to the ball to create balance.
- Stay on your toes to react to the ball rebounding quickly.

WHAT'S YOUR STANDARD?



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