

Speedball-----Week of June 14th

Monday--I--Kicking

Inside kick--outside kick--instep kick

2--Trapping-

Foot trap--stomach trap

3--Suggested procedures

A.--Entire group go through each motion on command of the demonstration by instructor.

B.--Kick and trap by pairs or using a circle if there are not enough available balls--

C.--Pair off in 4's-5's or 6's and take one ball around a designated area of considerable length, passing it from one to the other, can serve as a warm up later on-----

Tuesday-I--Review kicking and trapping

2--Take passing--use both left and right hands

Wednesday I-Review above

2--Take up the dribble

Thursday-I-Review above

2--Take heading the ball-

3--Take charging

Friday---Review skill