

In this lesson you'll be practicing soccer passing, toe-taps, and hoop tossing



soccer ball

### You'll need:



4 x tall cones



hoop

### Warming up

- Calf raises [x10 each foot]
- Airplane balances [3s each leg, x3]

- Foot taps [x15]
- Side squat jumps [x20]



### Main activities

- Flick up over the cones
  - 1) Scoop up & over [x10]
  - 2) Drag back, flick up & over [x10]

- Pass into the hoop [x180s]
  - (take step back each time you get it in)

- 10 x toe taps in the hoop, then dribble around the cone [180s]

- Hoop tosses [x12]



### Stretching & cool down

- 1-leg toe reaches [10s each leg]
- Hip twists [10s left & right]

Question - What is the name of the muscles on the sides of your body/core?