

Football Toe Taps

How quickly can you tap a football with your toes.

This is great for fast feet and agility!

Set up

Find a space – indoors or outdoors.

Use a larger ball such as a football.

Tap your toes on the ball one foot at a time – left, right. Try and keep ball in same place. Try and touch it lightly with sole of your feet.

Make sure you look at the ball and keep good balance. Once you get used to the technique try & increase speed!

Challenge

How many taps can you do in 30 seconds alternating right foot and left
How quickly can you reach 30, 40, 50 toe taps



Adaptations and tips

If you don't have a football then you can use a step

Very lightly touch the ball with your toes and keep going. Lightly touch it with the sole of your feet
Try not to move the ball but make sure you have some space and the area is clear. Your feet and the ball should stay in the same space.

Good Luck!