

FUNDAMENTAL 550

25 OVERHEAD MARKS

With a teammate: handball a ball above another teammate's head, changing the angle from right to left. Be sure to power yourself up and take the ball at the highest point, jumping off your left and right foot.

50 LEFT FOOT KICKS

Share one ball between two teammates and complete 50 of your best kicks on your left foot. Focus heavily on dropping the ball properly, staying balanced, and moving through the ball. Target the chest of your teammate.

100 LEFT HANDBALLS

Share one ball between two teammates and complete 100 of your best handballs using your left hand, targeting the chest of your teammate.

100 LEFT HAND BOUNCES

Get a ball each and walk a lap bouncing the football (progress to running when you master) with your left hand.

25 GROUNDBALLS

With a teammate, have a ball thrown at pace below your knees. Get your body in position early by having your hands facing the ground, ready to scoop the ball efficiently. After gathering the ball, handball the ball back to your teammate and continue.

50 RIGHT FOOT KICKS

Share one ball between two teammates and complete 50 of your best kicks on your right foot. Focus heavily on dropping the ball properly, staying balanced, and moving through the ball. Target the chest of your teammate.

100 RIGHT HANDBALLS

Share one ball between two teammates and complete 100 of your best handballs using your right hand, targeting the chest of your teammate.

100 RIGHT HAND BOUNCES

Get a ball each and walk a lap bouncing the football (progress to running when you master) with your right hand.

Do not rush the above activities, be sure that the skills are executed at the highest quality for each one.