

Tick-Tock (aka Foundations)

- Teaches:
- Fast feet & ball control using inside-of-feet
- Set-up:
- Every player has a ball & starts with the ball between his feet, with knees bent
- The Game:
- On "Go" each player taps the ball between his feet. Each tap is "one"
 - 1st to reach 20 wins (1st to 40 if U-12).
- Tip:
- Keep knees bent & tap ball with the front of the foot (this gives better control than the back of the foot).

Reprinted from SoccerHelp.com