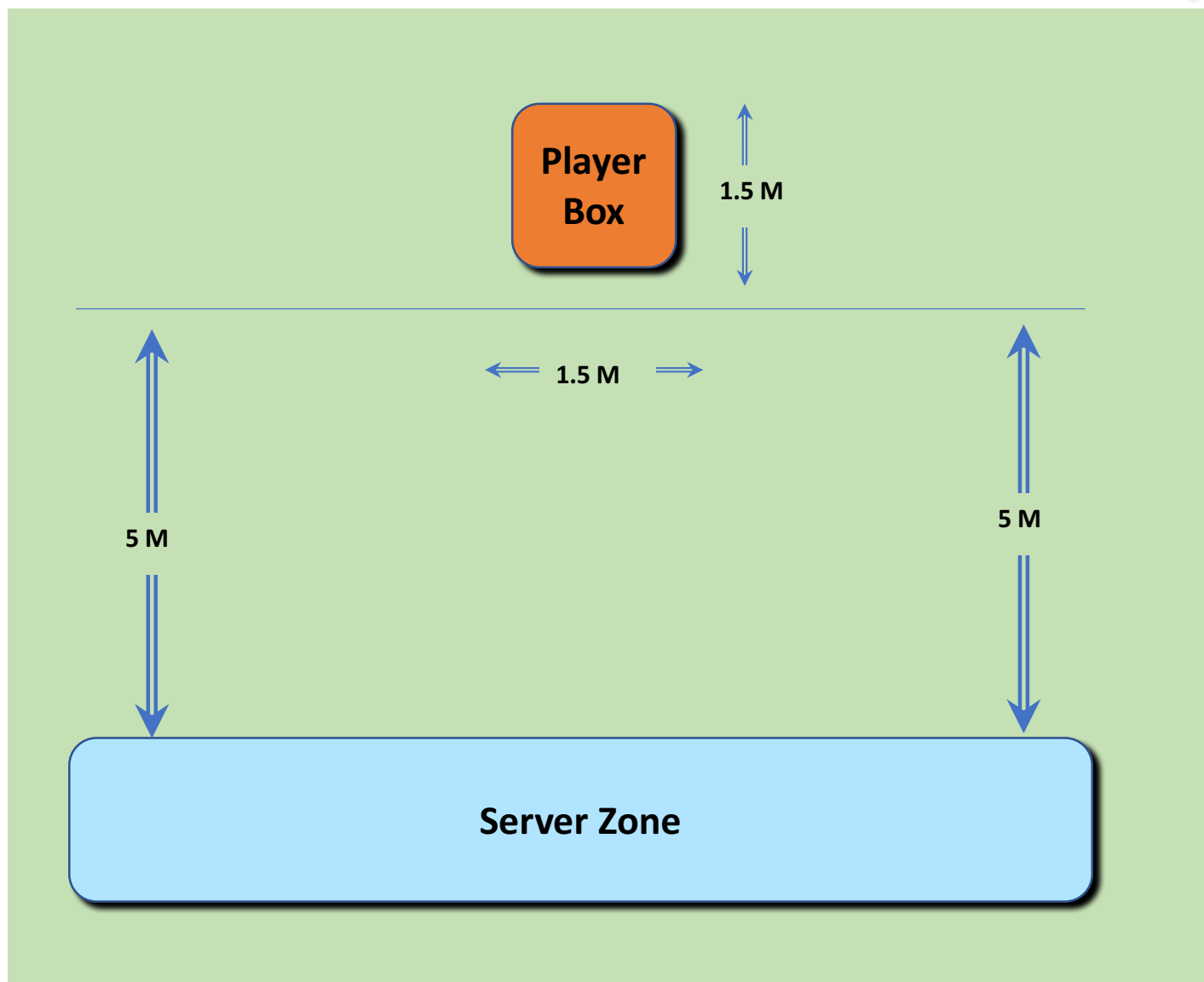




First Touch Bronze Assessment

The ball will be served up at various heights, angles and speeds and the player must control the ball within the box using the nearest body part.

The **ball should not leave** the box until the ball is passed back to the server.



Criteria: 70 % Success rate – 10 Balls

Body Parts:

- Left and Right Foot
- Head
- Chest and knee

Tips:

- Keep on your toes to help your reaction times.
- Try to use the correct body part.
- If the ball is moving adjust your feet.