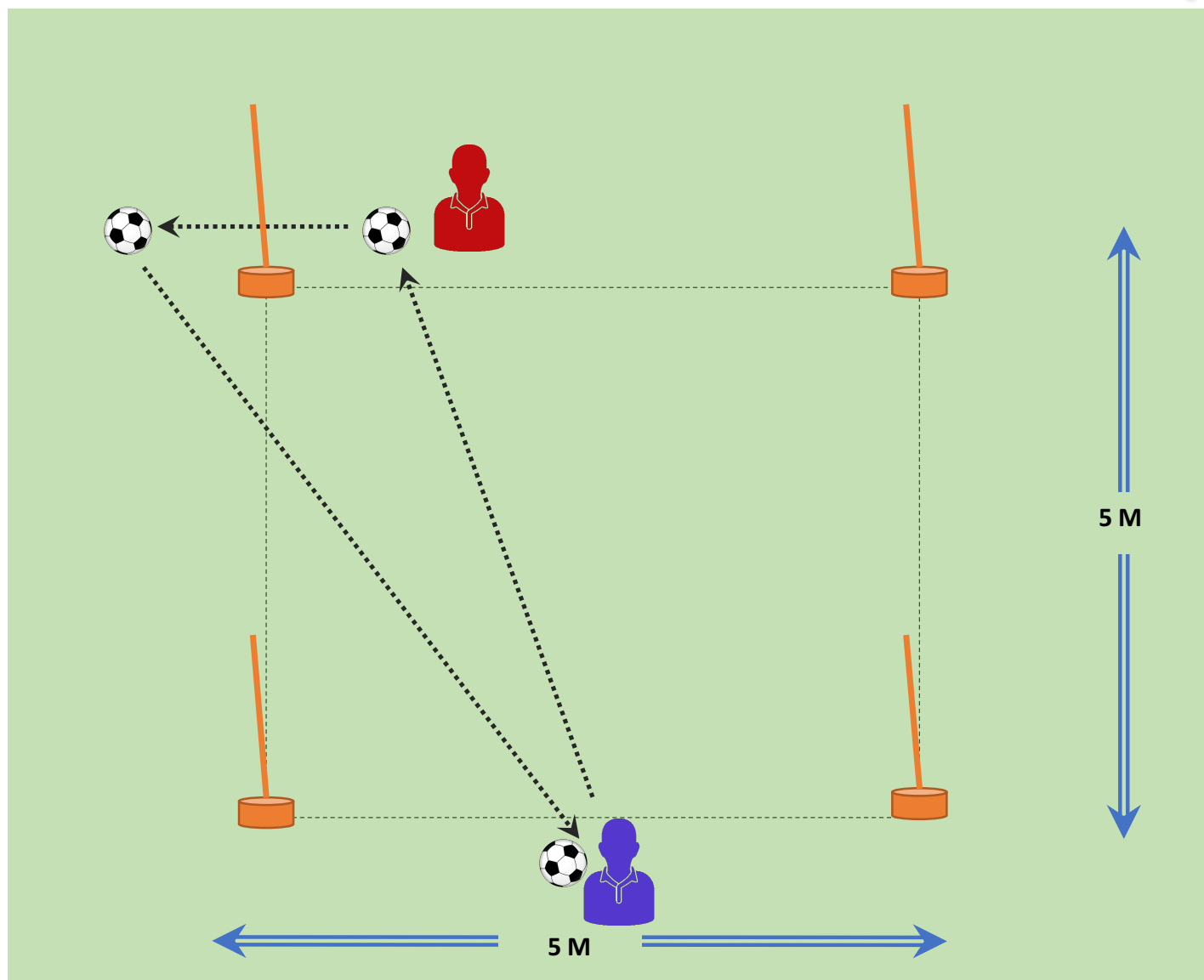




First Touch Silver Assessment

The ball will be played into the player's feet into the middle section, the player must alternate and play the ball into space around the pole and back to the opposition player in the middle.

The **first touch** needs to be into space and pass weighted correctly.



Criteria: 70 % Success rate – 10 Balls per touch type.

Touches:

- Left and Right Foot
- Inside and Outside
- Toe Taps

Tips:

- Keep on your toes to help your reaction times.
- Make sure the first touch is round the cone, and alternate cones.
- Get back to the middle after your pass.