



**WALSALL FOOTBALL CLUB COMMUNITY PROGRAMME
"TALENTED AND GIFTED" DEVELOPMENT**



KICK UPS - SKILL CHALLENGE

	Right Foot Only	Left Foot Only	Alternate Feet Only	Right Thigh Only	Left Thigh Only	Alternate Thighs Only	Head Only	All
KICK UPS								
<i>Example 10</i>	<i>1/8/08 - MW</i>	<i>12/8/08 - MW</i>	<i>7/8/08 - MW</i>	<i>21/8/08 - MW</i>	<i>27/8/08 - MW</i>	<i>29/8/08 - MW</i>	<i>17/8/08 - MW</i>	<i>30/8/09 - MW</i>
10								
20								
30								
40								
50								
60								
70								
80								
90								
100								
125								
150								
150 +								

TO PRACTICE IN YOUR OWN SPARE TIME

BE HONEST, THE ONLY PERSON YOU WILL CHEAT IS YOURSELF!!!

ONCE YOU ARE CLOSE TO YOUR TARGET, GET SOMEONE TO WATCH YOU AND INITIAL YOUR RECORD (See Example)

KICK UPS ARE NOT SHOWBOATING...IT IS A MEASURE OF YOUR CONTROL OF A FOOTBALL