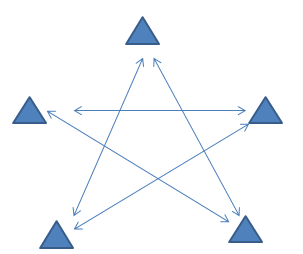
**Skill(s) to focus on in Activity/Drill: Name the Drill here Solo (Football)**

* Curl the foot so toe is pointing upwards
* Release the ball from hand on the same side as kicking foot
* Drop the ball onto the foot
* Flick the toes upwards when ball hits the foot
* Catch the ball and secure it against the body



**Description of Skill Activity**

* 3/4 players per cone
* Start off with one ball for the exercise with spares at each cone
* The players at the cone that starts solo to the group two to their right and handpass to the person at the front of that line
* The person who receives the pass solos to the group two to their right and this pattern continues around the groups
* Once players have got used to the drill give them a time target where the ball won’t hit thr ground
* The drill can then be done in the opposite direction

**Things to note and make players aware of:**

* Keep the head up while soloing to be aware of other players and of where the recipient is
* Use the full four steps between each solo
* The ball should not go above stomach height when soloing
* Executing the solo correctly is more important than speed while players get used to the skill
* Calling for the ball is important to ensure the passer knows where to go

**Variations and Progressions of Drill:**

* The direction can be changed
* Soloing with the weak foot can be introduced
* Players have to go through a gate in the middle or zig-zag around cones on their way
* Competition can be introduced by penalising the full group for any missed solos, dropped balls, etc.