Higham Town F.C.

Virus won't stop us improving! 10-2-1 challenge…

We know that players will be missing the football over the coming weeks and we want to ensure we give them the tools to help with their continued development in the sport. We know space can be tight at home, so on this basis we have put together this 10-2-1 challenge which will help maintain or improve skill levels with the ball whilst not requiring a lot of space and time.

Over the coming weeks we will aim to provide more and more techniques and challenges that can be done at home or with a parent in the garden. Keep the football alive! Higham won't be closed forever!.

The concept of the 10-2-1 is simple; 10 skills, 2x2 metre square area and 1 minute to perform each skill.

The aim of the challenge is to perform each given skill as many times as possible with correct technique and keeping the ball within the square. Players can then record their score for each of the skills and begin on trying to improve their scores during the Higham Town F.C. shutdown.

The 10 skills:

1. Fast Feet

- *Place the ball in between your feet, with your legs shoulder width apart*
- *Slightly bend your knees*
- *Knock the ball in between your feet as quickly as you can, using the instep*

2 Triangles

- *Start with the ball slightly in front of you*
- *Drag the ball back with the sole of your right foot at an angle so your legs are shoulder width apart*
- *Pass the ball across to your left foot using the instep of your right*
- *Pass the ball forward at an angle with your left foot*
- *Stop it with the sole of your right foot and continue the process*
- *Do the same exercise but now start with your left foot*

3. Drag-Push

- *Ball starts in front of you, drag the ball back using the sole of your foot*
- *Then Push the ball forward at a slight angle using your laces*
- *Stop the ball with the sole of your other foot and quickly pull the ball back*
- *Push it forward again at slight angle and continue process*

4. Inside-Outside

- *Start with the ball slightly in front of you*
- *Play the ball side-wards with the instep of one foot*
- *With the other foot play the ball in the same direction with the outside of the foot*
- *Then use the inside of the same foot to pass the ball back in the opposite direction*
- *With the other foot play the ball in the same direction with the outside of the foot*
- *Use the inside of the same foot and continue the exercise*

5. Fast Feet (Step Over)

- *Knock the ball in between your feet as quickly as you can, using the instep*
- *Once the ball has hit the inside of your right and then left foot, perform a step-over with your right foot as the ball is moving*
- *Once your foot reaches the outside of the ball again perform "fast feet" and repeat the step over with the left foot*
- *Find a rhythm and make sure you are on the balls of your feet*

6. Double Taps

- *This is a combination of Fast Feet with Toe Taps*
- *Once again find a rhythm, it is easier if you say the process to yourself, side to side, top, top*
- *Knock the ball from one foot to the other using the insteps*
- *Then follow that by touching the top of the ball with two toe taps*
- *Continue the exercise*

7. Body Triangles

- *Start with the ball out in front of you*
- *Drag it back with the sole of your foot till it goes all the way past your standing foot*
- *Then with the instep pass it around the back of your standing foot*
- *Your standing foot will then stop the ball and push it forward with the sole of your foot to the start position. Rotate which way the ball moves around*

8. Squeeze & Push

- *Have the ball underneath your body*
- *Place the sole of your foot on top of the ball*
- *Roll it to the side so it opens your legs and push it back with the inside almost keeping your foot in contact with it the whole time*
- *Then continue the exercise using the other foot*

9. Drag Stop

- *Start with the ball on the inside of your right foot*
- *Drag the sole of your right foot over the top of the ball*
- *Allow the ball to run across your body and then stop the ball with the inside of your left foot*
- *Repeat the action now with the left foot*

10. Juggles

- *Ball must be kept up using the feet and legs without bouncing and not moving outside the square.*