

SOLO

The Solo or toe tap is a technique used to play the ball in order to keep possession without fouling. When in possession it is possible to take a maximum of 4 steps without playing the ball. After 4 steps the player has a choice between bouncing, performing a toe tap or playing the ball away. It is permitted to toe tap the ball more than once in succession.



Release the ball into the hand at the kicking side. Eyes on the ball.

KEY TEACHING POINTS



Step forward with the non-kicking foot. Drop the ball onto the kicking foot.



Flick the toe upwards towards the body. Straighten the leg.



Extend the arms forward to catch the ball.

To Coach this Skill use the **IDEA** method

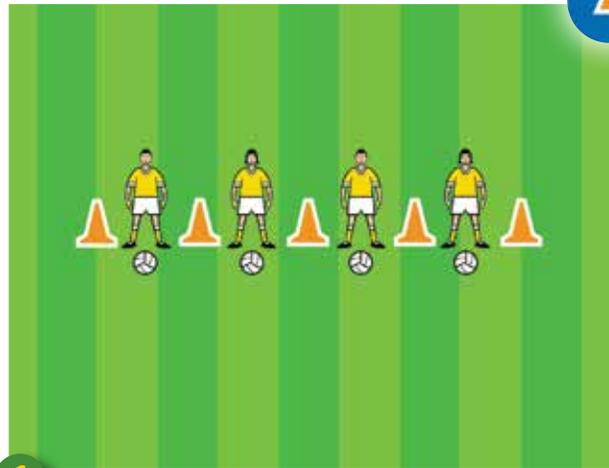
- I** NTRODUCE the skill
- D** EMONSTRATE the technique
- E** XECUTE the activity
- A** TTEND and provide feedback

LOOK OUT FOR THESE COMMON ERRORS

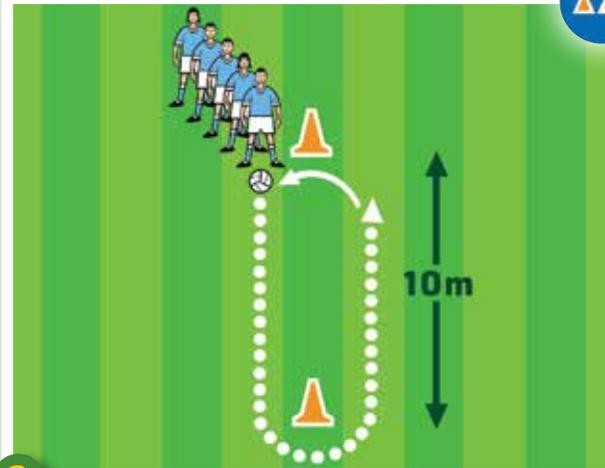
- Dropping the ball with the opposite hand or both hands
- Not straightening the leg to flick the ball up towards the body
- Soloing the ball too high



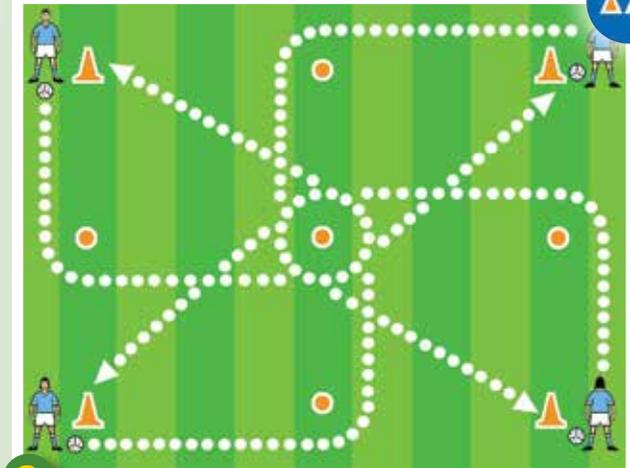
SOLO PRACTISE THE TECHNIQUE



1 STATIONARY TOE TAP
One ball per player. Perform the toe tap in a stationary position.

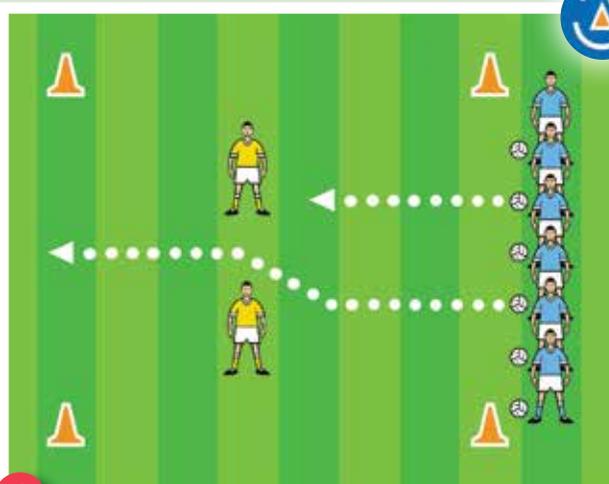


2 TOE TAP, TURN AND PASS
Players toe tap the ball around a cone and pass to the next player.

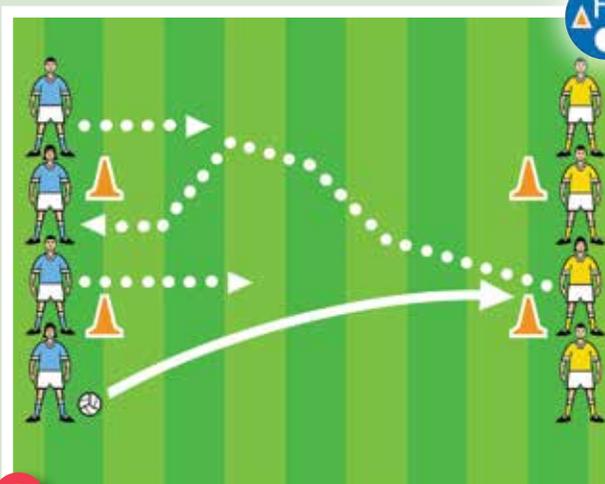


3 CRAZY SOLO
Players solo from each corner around the perimeter cone and the centre cone and back.

SOLO DEVELOP THE SKILL



1 PASS THE GUARD
Divide the players into two teams. Team in possession must solo past the guards in the middle. Guards attempt to dispossess.



2 SKILL POINT INVASION GAME
Divide the players into two teams. Team in possession must solo the ball through the opponents goal.

VARIATIONS

The **STEP** method is a simple way to vary any activity, game or drill.

Space **T**ask **E**quipment **P**layers

- S** vary the size of the playing area. Increasing the size can reduce the difficulty, decreasing the size can increase the intensity
- T** alter the task that players are expected to perform. Change the skill, add in additional skills or movements or alter the rules
- E** alter the equipment - use a bigger or smaller football, or playing against a wall may increase or decrease the challenge
- P** increase or decrease the number of players to vary the challenge, or introduce opposition, from token opposition to partial opposition to full opposition.

DESCRIPTIVE ICONS



Basic Drill



Intermediate Drill



Advanced Drill



Fun Game



Modified Game



Game Play Routine