

Hanna's Notes for Video

- **Time Frame:** You can do each of these exercises for a set period of time or simply perform each until you want to move on to the next. 1 minute per drill and 15 seconds of rest in between is a good general rule, switching feet at the 30 – second mark if needed.
- **Focus:** When passing the ball, remember to strike the middle of the ball with the middle of your foot. The non-kicking foot should be placed right next to the ball and the kicking foot should follow through like a pendulum.
- **Pace:** You can decide how much to push yourself throughout these drills; start slow for each and work your way up as you get comfortable.
- **Touches:** Don't worry about a bad touch from time to time or using the opposite foot to assist in a single foot exercise. Simply get the ball back where it needs to be and continue with as many touches as possible!

