RFA Training Log

Footskills Descriptions

On the foot skills 1 through 11 you work for 30 seconds and record your score for each day. Do a few practice runs before timing yourself. For descriptions on the footskills see below. Videos of the footskills will be posted to the RFA site. Make sure to do all exercises on the balls of your feet and with speed. For the juggling exercises (12 through to 15) you work on the skill for 5 minutes each day and record your best score. The last box is to write the total amount of minutes you trained on your own that day. You must have a parent sign and return every week to practice.

Footskills Description

1. **Quick 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 – Right foot, then left foot**
   - 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. **Pull-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 – Base**
   - 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. **Toe Taps**
   - Stand a few inches behind the ball
   - Using the sole of one foot touch the top of the ball
   - Switch and then use the sole of the other
   - Find a rhythm and make sure you hop in between each one, by being on the balls of your feet

6. **Double Taps**
   - This is a combination of fast Feet and Toe Taps
   - Once again find a rhythm, it is easier if you say the process to yourself, side to side, top, top
   - So 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. **Roll-Push** – Quick feet with a roll-over
   - Start with the sole of your foot on top of the ball
   - Allow your body to lean and go to one side, leaving the ball and your foot on top of it still in the starting position
   - The using the sole of your foot drag the ball sideways allowing it roll across your body
   - At this point your leg should be crossed but with a distance between them
   - Then bring your back leg round to the front and stop the ball using the instep of your foot
   - Repeat exercise with other foot

8. **Tobin Heath**
   - 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
   - The continue the exercise using the other foot

9. **Step Over - Push**
   - Have the ball slightly out on front of you
   - Step around the ball, going from inside to outside
   - Make sure the step is around the ball and ends out on the side of the ball
   - Then with you same foot, push the ball across your body with a delicate touch using the instep
   - Do the same move with the opposite foot and continue the pattern with both feet.

10. **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