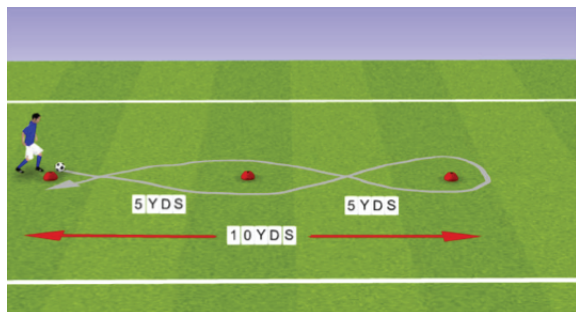




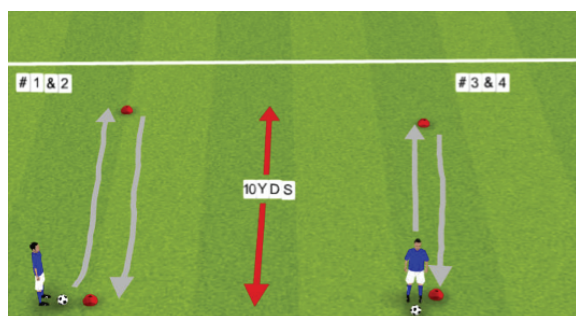
WINGS VIRTUAL TRYOUT



ACTIVITY 1 - FIGURE OF 8

Player will complete two Figure 8 dribbling sequences using the INSIDE, OUTSIDE and/or BOTTOM/SOLE of both feet.

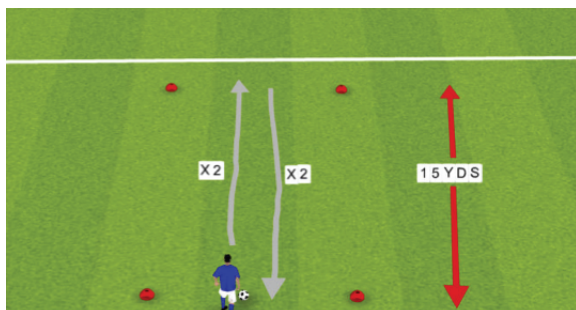
Player will do as many Figure 8's as possible in under 30 seconds. 1 Point per cone
Both tests start as soon as the player touches the ball forward.



ACTIVITY 2 - ROLLING CHALLENGE

#1 Facing the cone, the player will ROLL the ball ACROSS his/her body using the SOLE of their RIGHT foot to the far cone. Facing the same way, the player will roll the ball ACROSS their body using the SOLE of their LEFT foot back to the start.

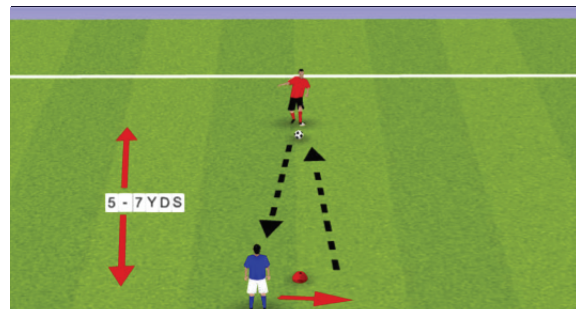
#2 Facing backwards, the player will use the SOLE of their RIGHT foot to roll, drag the ball BACKWARDS to the far cone, turn around and use the SOLE of their LEFT foot to roll the ball backwards & return to the start



ACTIVITY 3 - DRIBBLE AT SPEED & TURN

Player is to complete 4 laps (down & back twice) at top speed and perform three different dribble turns when they reach the cones.

The timer should start as soon as the player touches the ball forward and stop when they dribble through the original set of cones



ACTIVITY 4 - PASSING & RECEIVING

#1 To start, the player will stand behind and to the LEFT of the cone. They will then receive a pass using the inside of the RIGHT foot to push it slightly past the cone. Once the ball is past the cone, they will return the pass using the inside of the RIGHT foot. The player will now be standing to the RIGHT of the cone and will do the same movement but receiving with the LEFT foot and passing it back to the other player/parent. **Maximum 45 seconds**

#2 Using the same set up, the player will now receive the ball with the OUTSIDE of their RIGHT foot and return the ball using the INSIDE of the RIGHT foot. Repeat the same as above.

#3 Using the same set up, the player will now ROLL the ball using the SOLE of the foot directly across their body. Starting with the LEFT foot and passing the ball with the INSIDE of the right foot or the OUTSIDE of the left foot. Repeat the same as above using the RIGHT foot for the roll.