

HOMEWOOD AT HOME ACTIVITY



Week Two

Ball and a Wall

LEVEL 1

Start this activity with the ball in your hands. Toss the ball into the wall try to catch it as it comes back. It's okay if it bounces once or twice. After you master that, see how many times you can throw and catch the ball without it bouncing on the ground.

LEVEL 2

Start Level 2 with the ball at your feet. Standing further away from the wall than you did in Level 1, pass the ball into the wall with either foot and stop it as it comes back. See how many passes you can get in a row without the ball rolling away from you.

LEVEL 3

With the ball at your feet, pass to the wall using your right foot. Stop the ball with the same foot as it comes back to you. Next, do the same with your left foot. See if you can get 10 in a row with each foot without the ball rolling away from you.

LEVEL 4

With the ball at your feet, begin juggling like we did with last week's activity. As your juggling, volley the ball into the wall and continue to juggle once it comes back to you. It's okay for the ball to bounce as you practice. See how many times you can bounce it off the wall and continue to juggle without the ball bouncing on the ground.

SHOW US YOUR SKILLS BY POSTING ON SOCIAL MEDIA WITH THE #HWDPRIDE OR SEND IN YOUR VIDEOS TO MASON COOK AT MASONCOOK@HOMEWOODSOCCER.COM