

# SOCCER PRACTICE GAMES

## "Tick Tock" (aka "The Foundation") (All ages)

- Teaches:
- Fast feet & ball control using inside-of-feet
- Set-up:
- Every player has a ball & starts with the ball between his feet, with knees bent
- The Game:
- On "Go" each player taps the ball between his feet. Each tap is "one"
  - 1<sup>st</sup> to reach 20 wins (1st to 40 if U-12).
- Tip:
- Keep knees bent & tap ball with the front of the foot (this gives better control than the back of the foot).

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