



Slipper Soccer programme

Drills

Keepy Ups

*Created in
collaboration with*



Slipper Soccer Drills

▶ Penalty Shoot Out

'Keepy Ups' is a great game to work on your coordination, and can be done individually one on one, independently, or as a group.

While seated, the aim of the drill is to bounce your ball on your knee and catch the ball again.

The challenge is to set a 1-minute timer and see how many 'Keepy Ups' each player can complete.

This is a great drill to set personal goals to try and beat week after week!

If you have numerous balls, multiple players can do 'Keepy Ups' at once – all challenging each other to be victorious!

