

# Quickster Inside Foot Touches

Inside feet volleys with a rebounder

statUP

## Description

This test was designed by former pro and Instagram coach Mo Ali Heydarpour. Check out Mo's action packed technical training videos at [instagram.com/Moalifc](https://www.instagram.com/Moalifc).

This video requires the [Quickster Soccer Trainer rebounder by SKLZ](#).

## Purpose

Evaluate inside feet ball control.

level	coaches	equipment	
L2	1	 1 SKLZ Quickster Soccer Trainer	 1 ball

## Directions

Before running test, review directions with athletes.

### 1. Strike ball with inside of feet

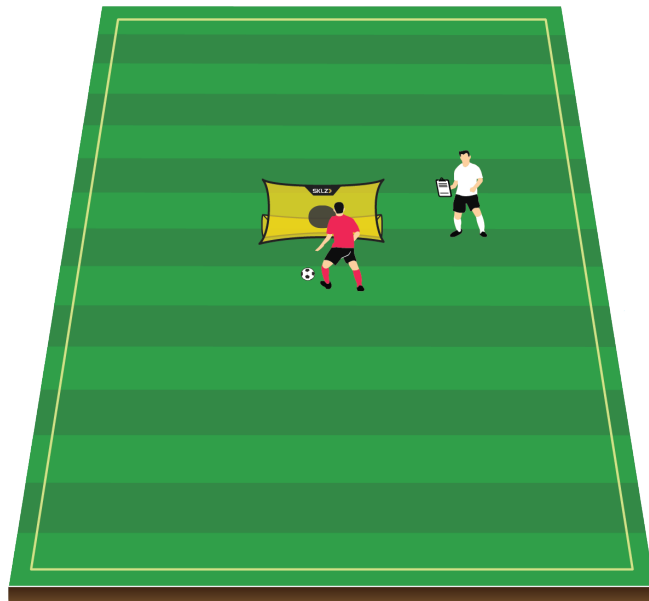
Coach says "Go" and starts a 1-minute countdown. Athlete tosses the ball and strikes it while in the air with the inside of a foot. Strike at the large side of the Quickster Soccer Trainer for a rebounder. Either foot may be used.

### 2. Immediately strike again

Upon the ball's rebound, the athlete should not let the ball touch the ground. Instead, the athlete strikes again using the inside of a foot. Either foot may be used again.

### 3. Scoring

Each successful strike of the net without dropping the ball is "one" repetition. Successive strikes in a row count one, two, three, etc. If the ball hits the ground, the most recent record is the score. The athlete may start over from "one" for their best continuous record within the time limit.



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## What Could Go Wrong

1. **Quickster trainer falls over.** If the Quickster device falls during the process, then it likely did not have proper stakes holding it down. The athlete should not be penalized. Instead, restart the attempt.

## Key Points

1. **Only inside foot touches count.** If the athlete uses some other surface, as long as the ball does not fall to the ground, it is still considered a "live" ball but no repetition is counted without use of the inside of a foot.

