

## Ball Striking over distance to partner (15 mins)

### Organization

#### Field Set up

- 3 yd gates with a player behind it
- Set up 3 x 10 yd cones in a line (may be large or smaller depending on age and ability)
- Create groups of 2
- One ball / partner

#### Detail

Player A plays a pass to the outside of the gate by Player B to then have the ball struck back in the air to be caught behind a cone (teams choice).

3 levels of cones each worth an extra point

Players switch every 45-60 seconds (or 5-6 strikes to partner)

#### Progressions

Player B starts with the ball between the gate then take a touch to one side to then strike the ball in the air

Player A must receive the ball with a body part then catch the ball off the pass from Player B

#### Regression

Player B strikes the ball out of their hands to Player A

#### Competencies

- Lofted Pass
- Driven Pass
- Short passing accuracy
- Have players practice with both feet



## Hit the cones (10 mins)

### Organization

#### Field Set up

- Place 4-5 triangle cones on either side of the field
- Field length will vary depending on age and ability
- 4 players / team
- A ball / pair

#### Detail

Players try and knock over the opposing teams triangle cones to get a point. If a cone is knocked over the cone will be set up by the opposing team

Players cannot stop the ball from knocking over a cone

Each player is partnered with a player on the opposing team to receive the ball

#### Progressions

- Players work in 2s with the ball being struck across the space to a teammate who tries to hit over the cone closest to them with their first touch

- Set up a ball in the middle of the area on a cone (pictured - progression slide). Each team is trying to knock off the ball. If successful the ball will move one cone up or down towards the ending cone. First team to move the ball to the furthest cone and knock the ball off wins.



## Hit the ball (progression) (10 mins)

Progression from Hit the cones

### Field Set up

Distance will be created based on age and ability

### Detail

Place a ball on the central cone with the objective to create a "tug o war" game

- Which ever team hits the ball off the cone it will be moved towards the teams end line
- If the ball is knocked off by the team that has moved the ball over 2 cones they will win that round

### Competencies

- Accurate passing
- Driven pass



## 1 touch finish - ball striking (15 mins)

### Organization

### Field Set up

- 1 large goal
- Movement set up for players to move on an angle to strike the ball
- balls on either side of the goal
- two teams of 5 players (one team shooting / one team resting and gathering balls)

### Detail

- Players make a movement around a series of poles / cones then receive a pass from a teammate to then take a shot on goal
- poles are set up in the corners as targets for the players to score in

### Progressions

- Start the ball at the top of the area and have the players dribble through the obstacle
- Change the angle of the passer to more of a cross

### Competencies

- 1 touch finishing
- Driven shot
- Accurate pass

