



Coconut Shy

Level: Warm Up with Ball

Objective: Passing accuracy & technique.

Organisation

30x20 playing area. Players play in pairs and are placed 18 yards apart (depending on age). Between the players is a cone with a ball on top (coconut). The players take turns to strike the ball at the coconut trying to knock it off the cone.

Progression:

After player knocks ball off 3 times consecutively they take two steps further back.

Coaching Points:

- 1: Approach to the ball - Line up with where the ball is going
- 2: Use laces and follow through on pass
- 3: Focus on weight and accuracy of pass, both are very important

