



Pin Ball

Level: Warm Up with Ball

Objective: Passing technique with accuracy

Organisation

Mark out a 20 x 20 yard area.

Split the group into two teams with the teams standing opposite each other on the sidelines.

Each player has a ball. Scatter about 20 cones between the two teams in the middle of the grid.

Each player must attempt to knock down as many cones as possible by shooting with their laces.

When they have knocked down a cone they must run, pick it up and place it on a pile outside the grid.

The winning team is the one who knocks down the most cones.

Coaching Points:

1: Approach to the ball - Line up with where the ball is going

2: Work with players to use their instep

3: Follow through on pass and use body to generate power

4: Focus on weight and accuracy of pass, both are very important

5: Practice practice practice

