



Soccer Bowling

Level: Warm Up with Ball

Objective: Weight and accuracy of passes

Organisation

Set out a 30x30 playing area. Teams of 2-4 players. Place 6 cones together, 5-15 yards away from the players depending on their ability. Increase the distance as players progress. Each team tries to knock all their cones over by players taking turns to pass a ball at the cones. After each pass the player must retrieve the ball and dribble it back to their line for the next player to take their turn. The first team to knock all the cones down are the winners.

Coaching Points:

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

2: Work with players to use their instep

3: Make L shape with non-kicking foot being right up next to the ball and kicking foot coming through

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

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

