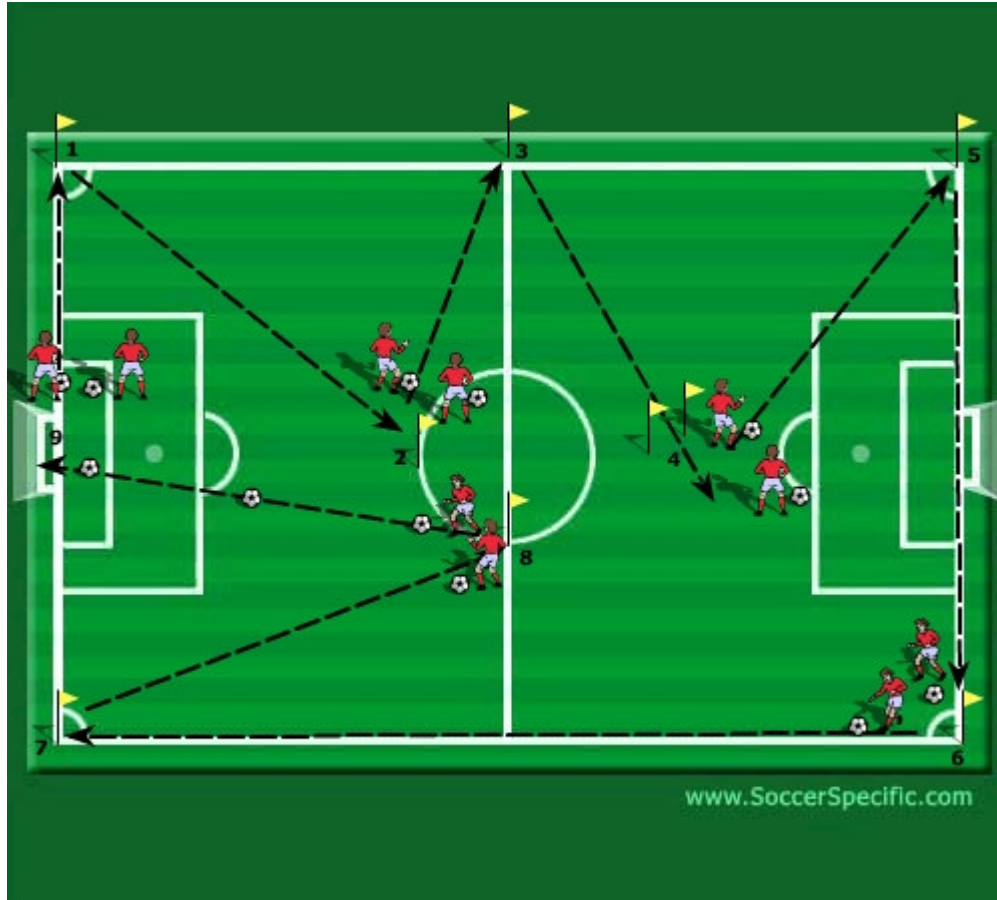


Hole In One

Emphasis: Fun game! Accuracy of instep drive and inside the foot push pass.



Set-up:

Two players form a group. Each player has a ball. Coach utilizes various objects as designated holes (goal posts, cones, garbage can, flags, side of the net, etc.) over the entire field.

Progression:

1. Each player sees how many times it takes him to kick the ball and hit the hole with the ball.
2. Each contact on the ball counts as a stroke.
3. The player with the lowest stroke average per hole receives one point.
4. The player with the most points wins.
5. A variation is to count total strokes to determine the winner.
6. Make the last hole a challenge (Example-hitting the cross bar)

Coaching Progression:

- Communication between teammates
- Accuracy of passing
- Concentration
- Weight of the passes