

Accuracy and Weight

Emphasis: Executing passes with the correct accuracy and weight



Set-up:

15 x 15 yard grid. 4 players positioned around the perimeter of the grid. One ball for each player. Flags are placed to create gates in the central area of the grid as shown.

Objective:

Players must attempt to pass their ball accurately through the gates. The players must try to weight their passes to ensure the ball reaches the opposite side of the grid before coming to rest. Players must quickly find another ball to continue the sequence for a designated period of time. Points are awarded for each pass that successfully travels through a gate.

Progressions:

(1) Introduce a competition format – first player to 5 points wins.

Coaching Points:

- Lock the ankle with the toe slightly pointed up.
- Non-kicking foot must be placed in line with the target.
- Follow through and adjust the weight as necessary.