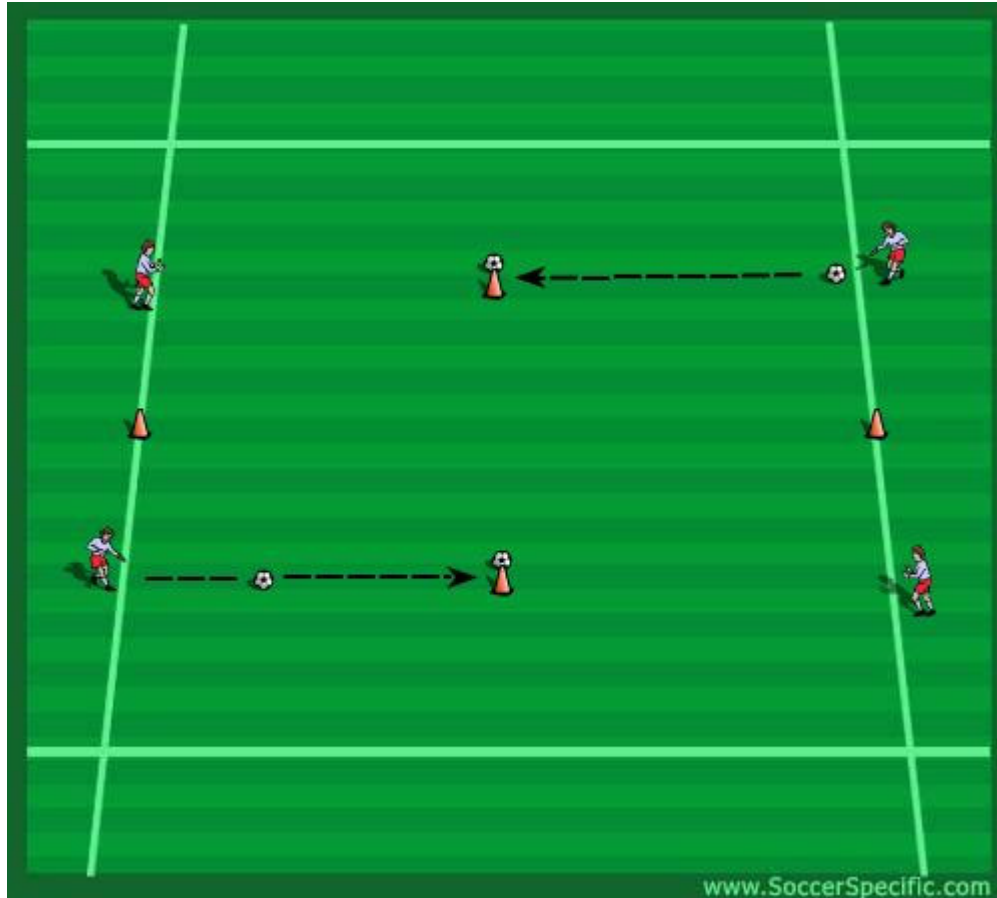


Knock it Off

Emphasis: Passing & Receiving



Set-up:

10 x 15 yard grid. Players work in pairs with 2 balls. One of the balls is placed on top of a disc cone halfway (7.5 yards) inside the grid.

Objective:

Players pass the ball back and forth trying to knock the ball off the centre disc cone. Players must receive the ball with 1 touch and pass with the second touch.

Progressions:

Increase length of grid.

Coaching Points:

- Lock ankle, strike with inside of foot.
- Receive the ball and take into space with first touch.
- Non-kicking foot must be in line with the target.