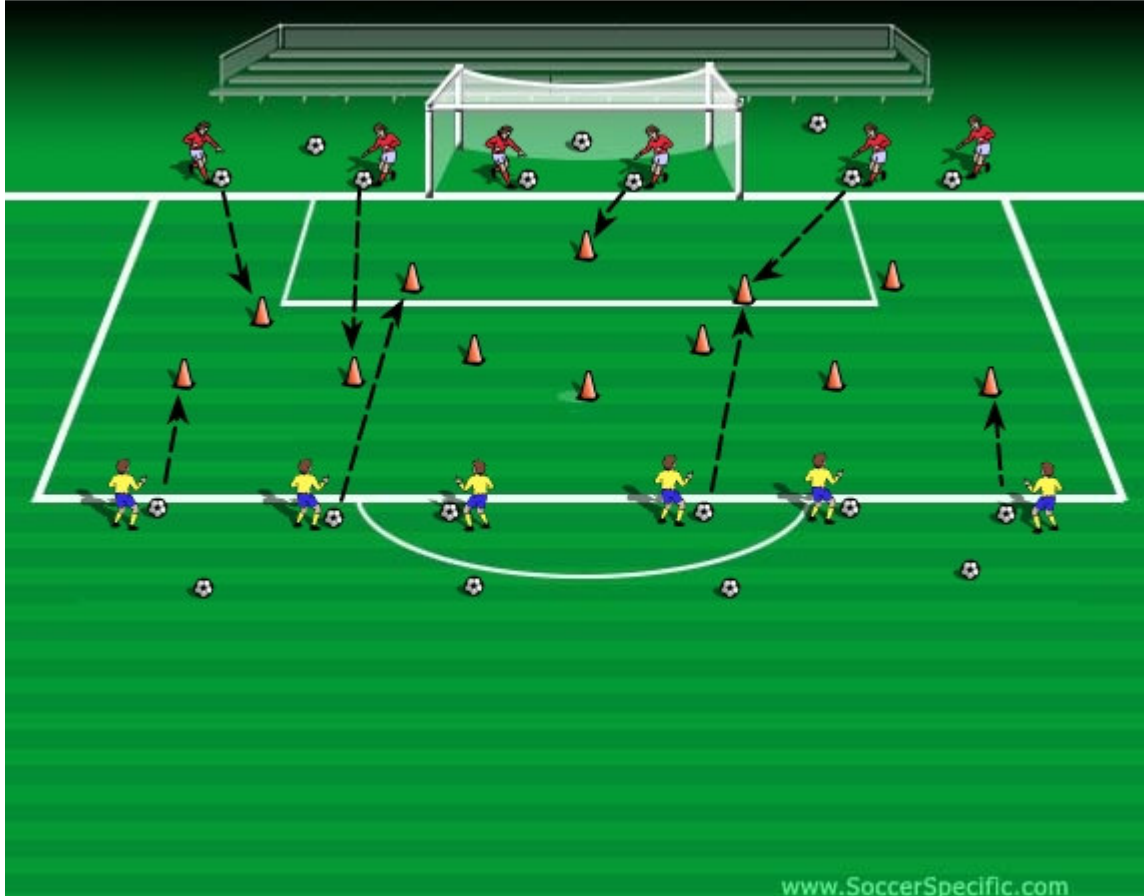


Penalty Box Bowling

Emphasis: Passing



Set-up:

Use the center circle. Place teams of two players facing each other, on the outside of the center circle. Randomly place cones all over the inside of the center circle. Place plenty of extra balls around the outside of the circle as well.

Objective:

The players strike the balls back and forth trying to knock down the cones. The weight of the pass should be strong enough so it reaches the other side of the circle. All passes must be made behind the circle. When all the cones have been knocked over, the team with the most strikes wins the game.

Progression:

1. Pass with your in step (laces) low and on the ground.
2. Balls can be chipped across for their partner to head the ball at the target.
3. Must use your weaker foot to pass.

Coaching Points:

- Accuracy first, then power.
- Keep your toe up and the ankle locked.