

Target Practice

Emphasis: Passing & Receiving



Set-up:

20 x 20 yard grid. Groups of 6-9 per grid. One ball per player. 8 cones placed in a circle in the centre of the grid. Players spread around the perimeter of the grid. Replicate set-up to accommodate entire team.

Objective:

Players must try to pass their ball through grid to knock over the cones. Players stay on the outside of the grid and do not chase their ball. First team to knock over all of the cones is the winner.

Progressions:

2 touch maximum.
Reduce the number of balls being used.

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.