

## Target Unit

**Emphasis:** Passing and dribbling



### Set-up:

Make a 20x30 yard grid. Inside the grid are randomly placed stationary targets (cones). Assign two players as the moving targets, which consist of a rope tied around the two players waists, approximately six feet in length. The remaining players each have a ball at their feet.

### Objective:

Each player must attempt to pass the ball under the rope, through the moving target, and at the stationary cones. The ball must be kept below knee level in order to hit the cones successfully. Three points are awarded for passing under the rope; one point for striking any cone. Games last for 1 minute. After several successful games, change the roles of the players.

### Progression:

1. Split the team into pairs using one ball.
2. Try one touch passing, hitting a cone counts as double.
3. Using the weaker foot counts as double.

### Coaching Points:

- Must stay with the moving target.
- Keep your head up in order to see the target.
- Communication in pairs.