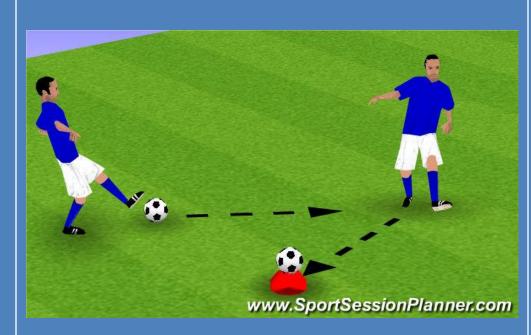


Ball Knock





RULES

- Player in pairs
- Place one ball on top of the cone
- Player A passes to player B
- Player B tries to knock the ball off the cone with one touch pass
- Rotate after each attempt

POINTS

- Head down looking at the ball
- Body facing direction ball is being kicked
- Standing foot goes at the side of the ball
- Use inside of the foot to kick ball

RULES

4v4 with no goalkeepers

POINTS

- Keep head up
- Look for open spaces
- Dribbling into open spaces toward the opponents goal







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