

Target practice soccer game



Set up:

- Place a ball 10 to 15 yards away from the players. The ball can be placed on a cone if you want.
- one soccer ball to go in the middle of the smallest circle on top of a cone
- 1 soccer ball per player
- 1 cone was placed 10 yards back from the biggest circle

Instructions:

This soccer game is a really fun way to help players understand the weight of the pass and how strong they need to pass it to go the desired distance that they want it to.

You can choose to divide your players into teams or they can play individually. Each team or player will take 3 turns each trying to get as many points as possible passing from the cone 10 yards away from the circles.

The scoring can be as simple as closest to the center ball wins.

Coaching points:

- Pass with the inside of your foot

Questions that can lead to coaching points:

- What part of the foot should you use to pass the soccer ball with?