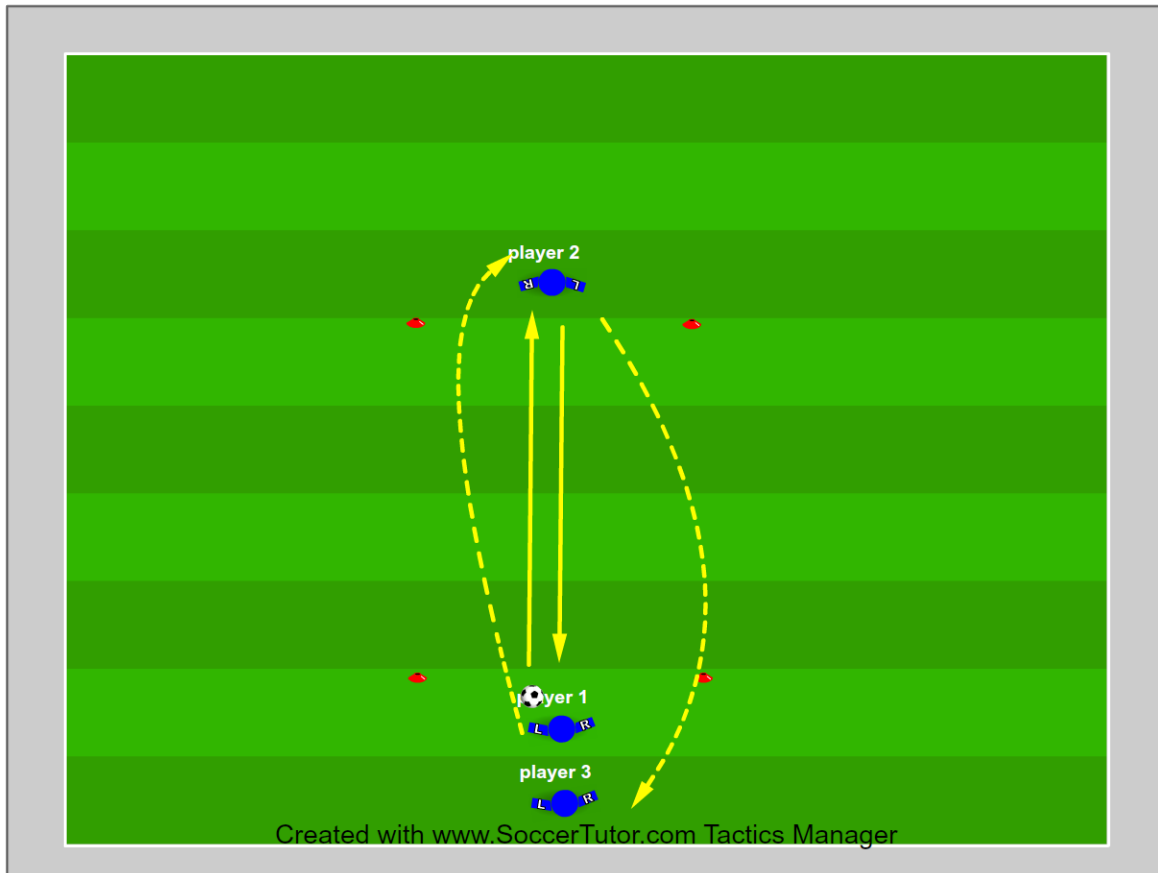


DOC 3-12 Activity 1



Date:	12/Mar/2014	Measurement:	Select Pitch Area
Time:	N/A:N/A	Players:	0
Duration:	10	Level/Age Group:	U8 - U14

Description: Player 1 plays the ball to Player 2 and then follows their pass. Player 2 plays the ball to Player 3 and then follows his pass. The pattern repeats.

Make it competitive by adding a target number of passes to reach. Losing groups have to do something.

Objective:

Coaching Points: -Strike through the Center of the ball.
 -Proper technique in passing and Receiving
 -Sudden Movement after the Strike

Progression: -2 touches - 1 touch -First touch with outside of the foot (around the cone) -First touch with the inside of the foot (around the cone) -