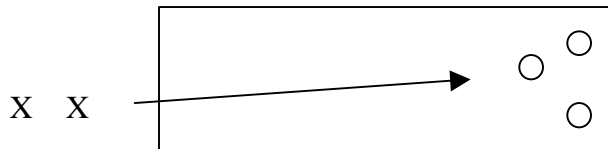


SOCCER BOWLING

Organization: One ball between a pair at each alley.

Structure: Create alleys approximately 5-8yards long and 3 yards wide. At the opposite end from the players set up three cones like bowling pins.

Procedure: Each player gets 2 shots from behind the line to knock down as many pins as possible. Play three frames and rotate partners. While one partner bowls the other sets up the pins.



Coaching: Pass with the inside of both feet.
Toe up and heel down when passing.
Keep your eye on the ball.

Analysis: Works on short passing technique.

FOLLOW THE LEADER

Organization: One ball per player.

Structure: Large open space for maximum opportunity to move.

Procedure: In this game the coach is the head of a long snake of players dribbling their balls. The coach dribbles in different ways and the players have to do the same as the leader. This is a great warm-up.

Coaching: Keep your head up to see the leader.
Keep the ball close.

Analysis: Improves dribbling ability, coordination and balance.

Options: Dribble backwards.
Dribble with inside or outside of each foot only.
Dribble with the left or right foot only.
Hop over the ball on one foot.
Dribble in a circle.
Dribble with your arms out like an airplane.