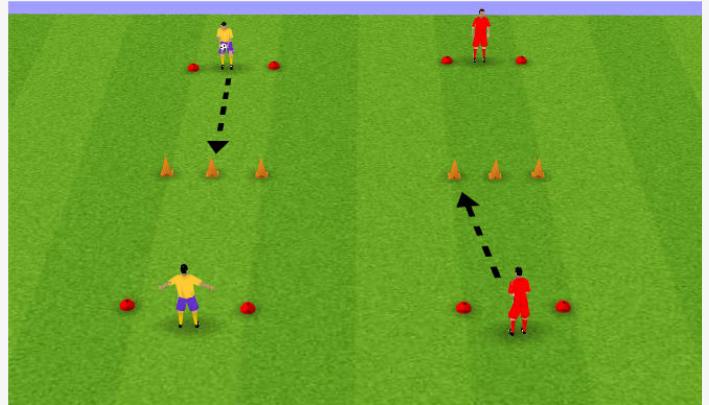


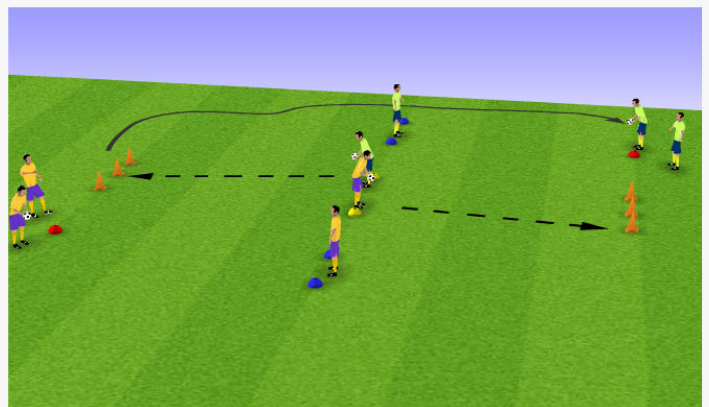
Knock down

Partners 10 yards from center tall cones: 15+ yards for older players
 One point for knocking down cone...play to 5, set up cones when all knocked down
 Play multiple rounds for various distribution, change partners
 -Underhand bowling distribution
 -Overhand swing
 -Side-arm, push pass
 -Weaker Arm...any throw?
 CP: low body position, bend at knees, smooth ground, follow through, good base



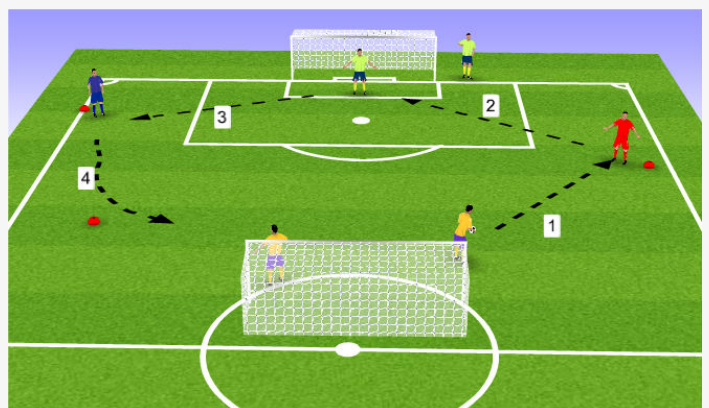
Soccer Bowling

Two Teams of 3-4 players:
 Each team has tall cones (or put balls on top of cones) to knockdown before the other team:
 10-15+ yards from center yellow cones to tall cones
 -Person volleys to GK between two cones, must catch ball clean in order to distribute in middle to cones
 -Only one person at a time in center, volley only after distribution has been done
 -One foot must stay on/behind center yellow cones in order for it to count
 -Only one ball active in the middle zone
 Start with ground distribution then build to overhand sling, push-pass, weak arm



Live Distribution

Pattern to Game:
 1. Overhand distribution or push-push to outside midfielder
 2. Outside midfielder shoots long ball on frame
 3. Underhand bowling distribution to outside defender
 4. Defender dribbles to shoot long ball to GK and restarts cycle
 Players follow their pass
 CP: distribution to lead foot, receivable pass, GK angle to player, GK across frame for distribution, follow through, communication to turn or pass back



Handball

Two teams 3v3 Handball

One step, volley into goal, can only steal passes, cannot take out of hands

rotate Gks

CP: Gk distribution only, communication, organize

