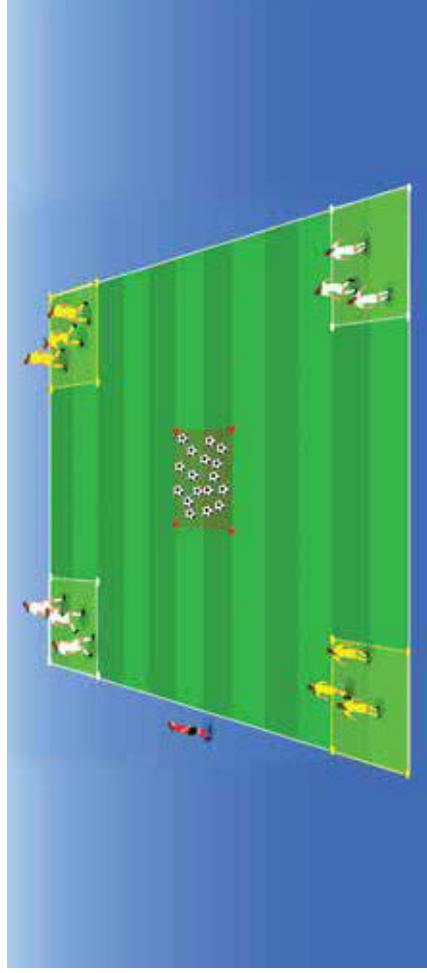


STRIKING THE BALL

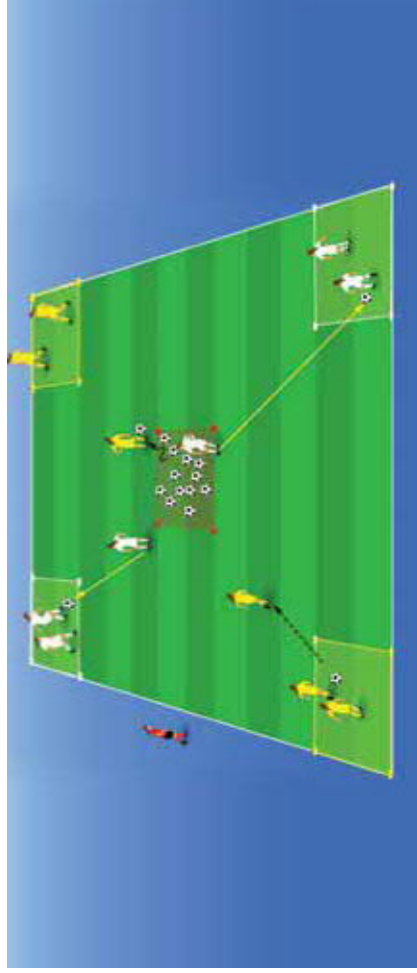
5-10
MINUTES

FUNCTIONAL Activity: Empty the nest

Passing accuracy | Interception



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Suggested equipment list:

- 20 cones, 17 balls, 8-12 portable poles, 2 sets of bibs, 2-4 portable goals

Grid size:

- Create four outside bases using cones
- Create one 'nest' in the middle filled with balls

Explanation:

- Divide players into four equal teams and position each team inside a base
- On coach's command, one player from each base sprint to the 'nest' to collect a ball and passes to their team-mate inside their base
- Only one ball can be moved at a time
- Passer returns to his/her base, tags next team-mate and they collect a ball
- Game continues until all balls have been removed from the 'nest'
- Team with the most balls in their base wins

Scoring system:

- When time is called, the team with the most balls in their base wins

Variations: C.H.A.N.G.E.I.T. (refer to page 56)

- Once the 'nest' is emptied, players can rob balls from other bases (cannot stop someone robbing a ball from a base)
- Striking the ball only with the left foot and/or right foot

Key Coaching Points:

- Encourage players to face the target when striking the ball
- Praise efforts to strike the ball with different parts of their foot
- Encourage players to transfer weight forward when they strike the ball