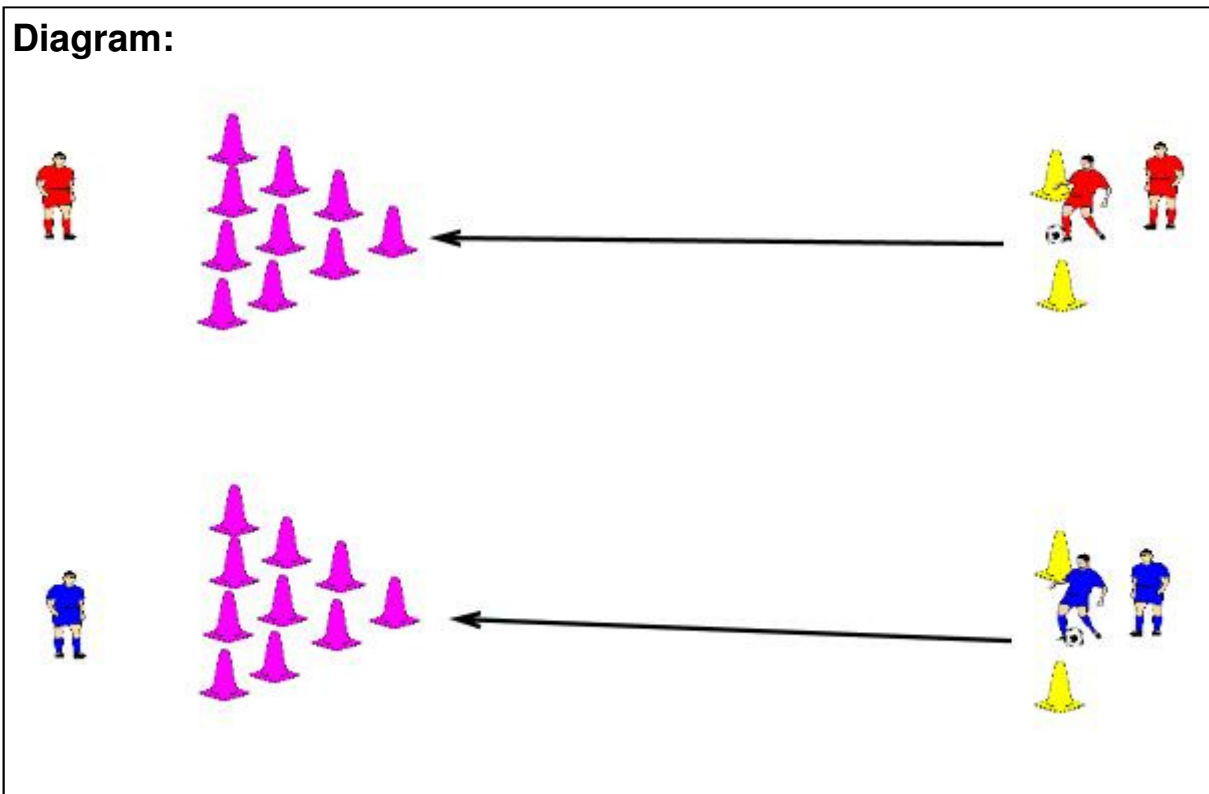


Topic: Techniques
Drill Name: Bowling

Age Group: U/8 to U/9

Objectives: Fun game that increase coordination and spatial awareness while improving social interaction. This is also a passing and receiving exercise.

Diagram:



Description: Players are split into teams. Two lanes are created as shown above. One player from each team is the scorer and also replaces the cones that have been knocked over. One player from each team plays against each other. The player that knocks over the most cones wins that round.

Progressions: Each player gets two shots per round.

Coaching Points: Players to use correct passing technique and weight their pass appropriately.