

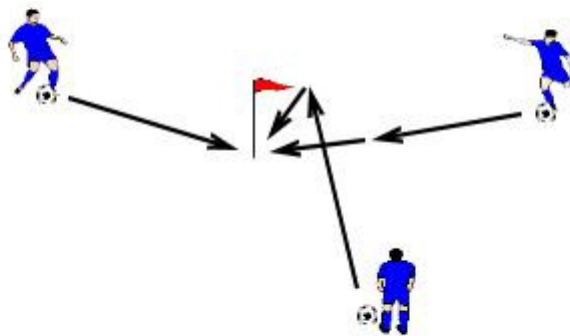
Drill Name: Golf

Age Group: U/4 & U/5

Objectives: Improve passing technique by understanding the relationship between direction and weight.

Diagram:

Golf



Description: Players start between two yellow cones and have to try to pass the ball and hit the pole. The player with the least amount of passes is the winner.

Progressions: Add a time frame where players need to reach hole.

Coaching Points: Correct foot placement