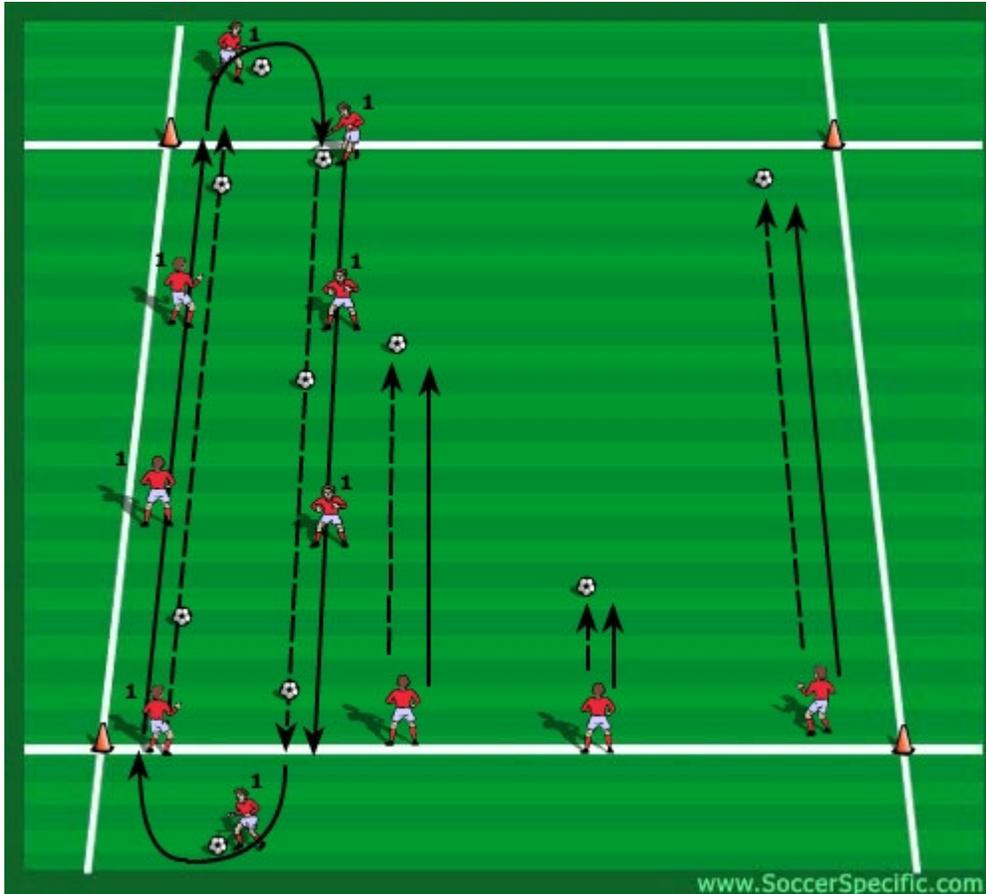


## Cliff Hanger

**Emphasis:** Fun game! Players learn to weight their passes.



### Set-up:

Players are in a grided area 15 yards wide by 7 – 15 yards in length, depending on technical efficiency of the players. Each player must have a ball.

### Progression:

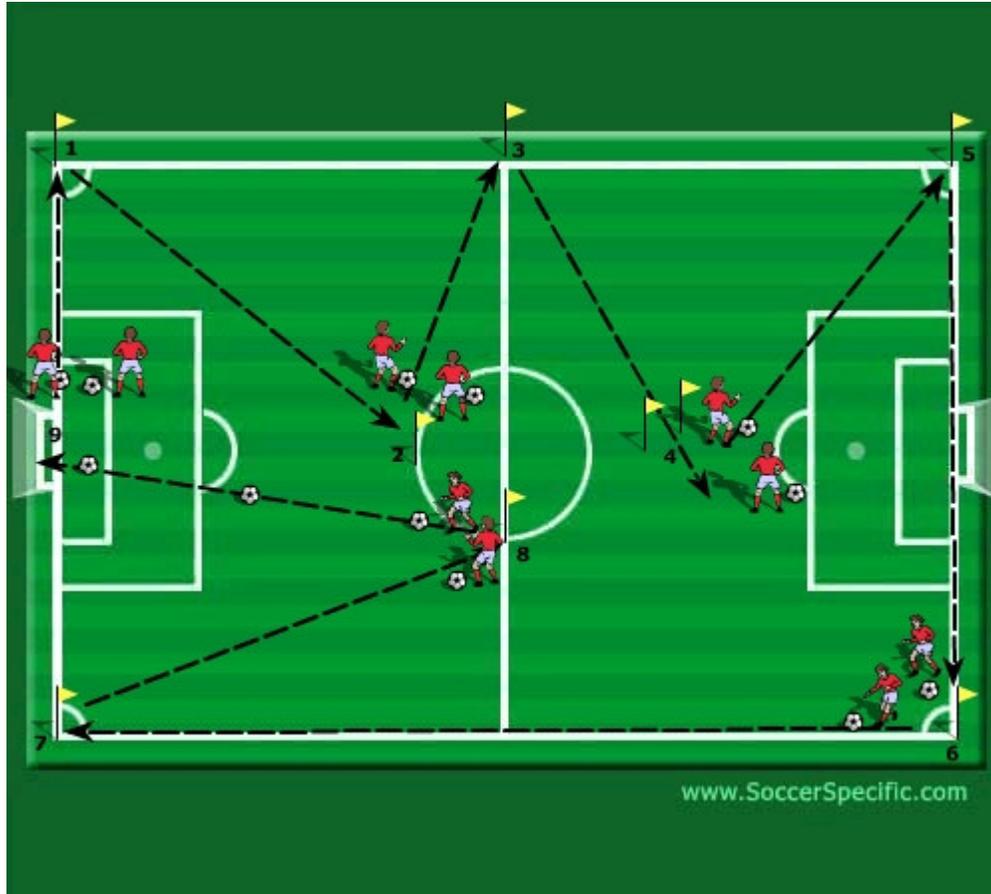
1. Players are to self pass.
2. The players, as example #1 illustrates should pass a ball to the other end of the grid. If the ball is not properly weighted then the ball and the player fall over the “cliff” (end line). If the ball is not hit strong enough, the player will be required to self pass once again to himself. The proper weighted pass should arrive within a yard of the cliff as the player is arriving.
3. The player then controls the ball turns around and repeats the exercise.
4. Vary the length of the grid as it will change the difficulty of the exercise.
5. Have players use various parts of the foot (inside, outside, laces).

### Coaching Points:

- Accuracy of passing
- Decision making
- Weight of passes
- Movement with the pass

## Hole In One

**Emphasis:** Fun game! Accuracy of instep drive and inside the foot push pass.



### Set-up:

Two players form a group. Each player has a ball. Coach utilizes various objects as designated holes (goal posts, cones, garbage can, flags, side of the net, etc.) over the entire field.

### Progression:

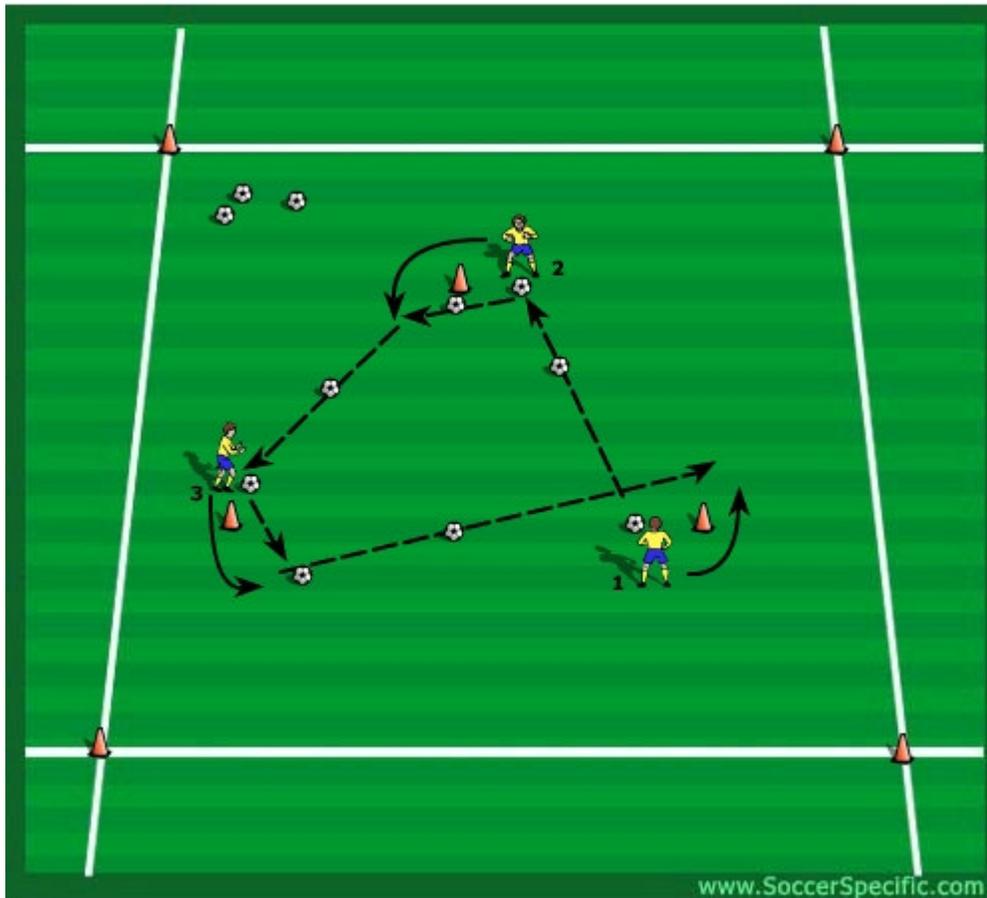
1. Each player sees how many times it takes him to kick the ball and hit the hole with the ball.
2. Each contact on the ball counts as a stroke.
3. The player with the lowest stroke average per hole receives one point.
4. The player with the most points wins.
5. A variation is to count total strokes to determine the winner.
6. Make the last hole a challenge (Example-hitting the cross bar)

### Coaching Progression:

- Communication between teammates
- Accuracy of passing
- Concentration
- Weight of the passes

## Two Touch Angle Passing

**Emphasis:** Passing for accuracy and utilizing all aspects of the foot. Decision making and speed of thought.



### Set-up:

Groups of three to one ball. Grid size is a triangle of 7 to 15 yards depending on the skill level. Each group needs a few extra balls.

### Progression:

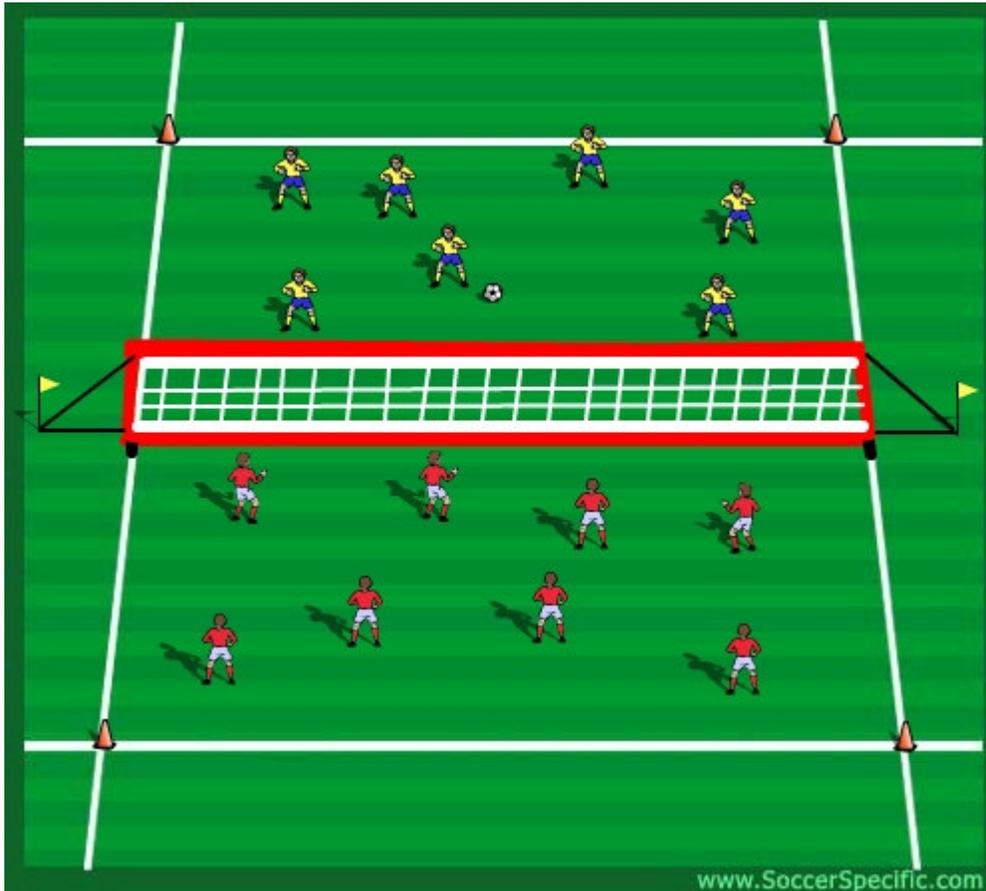
1. Players pass the ball to the other two players within their group in no certain order.
2. Example- Player #1 plays the ball to player #2 who receives the ball and in one touch plays the ball to the other side of the cone. Player #2 then runs around the opposite side of the cone as if to avoid a defender. With his second touch, player #2 plays it to player #3.
3. The process continues with players randomly picking who they play it to.
4. Player with the most successful attempts at the two touch exercise is the winner.
5. Coach can stipulate what part of the foot he wishes his player to receive or pass it with.

### Coaching Points:

- Improve communication between teammates
- Accuracy of passing
- Decision making
- Utilizes all surfaces of the foot

## Soccer Tennis

**Emphasis:** To develop a players skill level.



### Set-up:

Utilize the center circle and throw down players bags along the straight line. Pile them on top of each other to add some height. Make sure to cone off both sides equally if you don't have lines.

### Objective:

Ball must clear the line/net/bags/ or cones in the air. To develop all aspects of juggling and heading.

### Progression:

1. A player begins the game by serving the ball over the net, bags, cones or line. Play continues back and forth until one team messes up.
2. Teams serve out of their hands. All serves must be user friendly instead of driven.
3. Players are allowed one bounce per side.
4. Coach must limit the number of touch restriction available per player.
5. Coach must limit the number of touch restrictions per side. Example do all players have to touch the ball or can it be one?

### Coaching Points:

- Soften the surface area as you receive the ball
- Communication amongst players
- Work as a team
- Visual tracking of the ball
- Concentration on ball contact made