



Physical Distance Training – Wrecking Ball

Organization:

Set-up 2 6-foot by 6-foot squares 10 yards apart. Add a tall cone halfway between the 2 squares.

How to play:

Players take turns trying to knock the cone over for a point. Coach stands cone up after it is knocked down.

Why:

Help develop accuracy in passing and ball striking.

Variations:

Players can strike a stationary or moving ball.

Use instep or laces to strike ball.

Increase or decrease the distance between the squares. Find right level of challenge and success.

Play for 3 minutes, winning players move up, losing players move down.

Coaching Points:

Technique in prep touch and ball striking or ask players to identify the techniques they are using, demo for the group.

Point out players using good technique, give specific praise about the technique.

Encourage quick passes to make it more game-like.