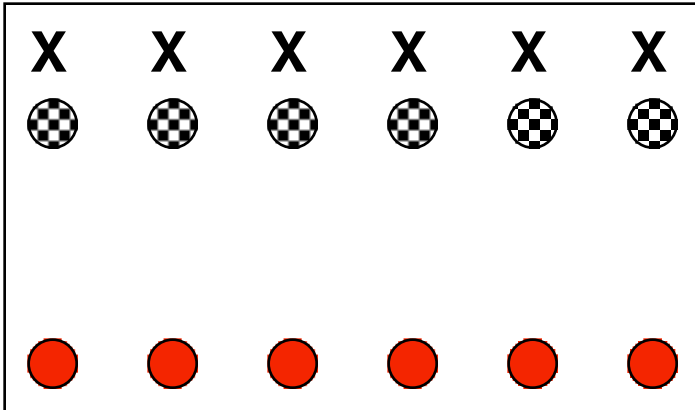


**“CONE WARS”**

The following progression series of games are designed to teach the technique of striking the ball for accuracy

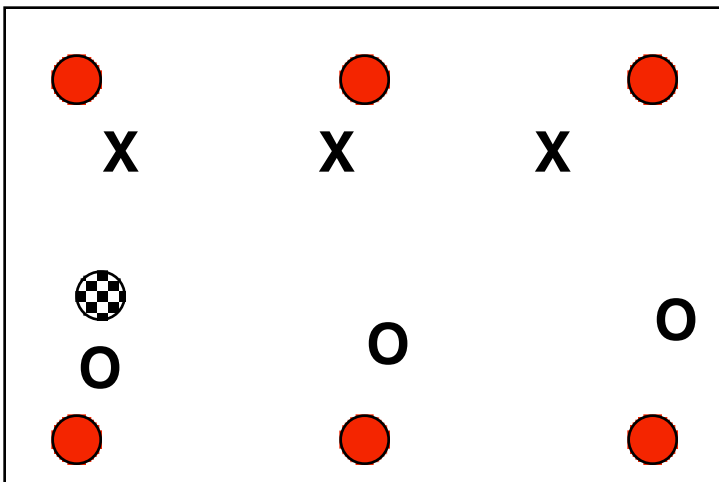
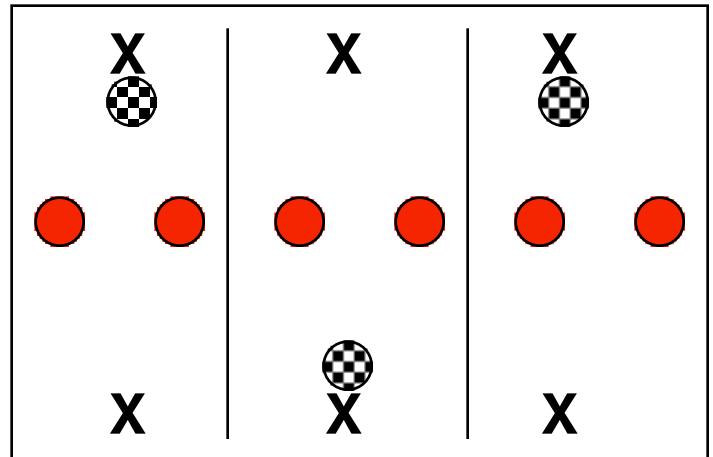


**GAME #1: WARMUP**

- > each player with a ball
- > each player faces one cone
- > players strike the ball with the inside of their foot and attempt to knock over their cone
- > distance from player to cone depends on age and ability level of players
- > make sure to practice striking the ball with both feet

**GAME #2: ACTIVE DRILL**

- > players now work in pairs, one ball per pair
- > pairs face other with two cones in center of grid
- > players strike the ball with the inside of their foot and attempt to knock over their cones
- > distance from player to cone depends on age and ability level of players
- > make sure to practice striking the ball with both feet



**GAME #3: “Cone Wars”**

- > form 2 teams and place a number of cones on each endline
- > teams attempt to knock over cones on opponents endline
- > score by knocking over a certain number of cones
- > NOTE: do not require teams to knock over all the cones. Example: if there are 4 cones on an endline, the first team to knock over 2 or 3 cones wins. This prevents teams from defending one single cone