





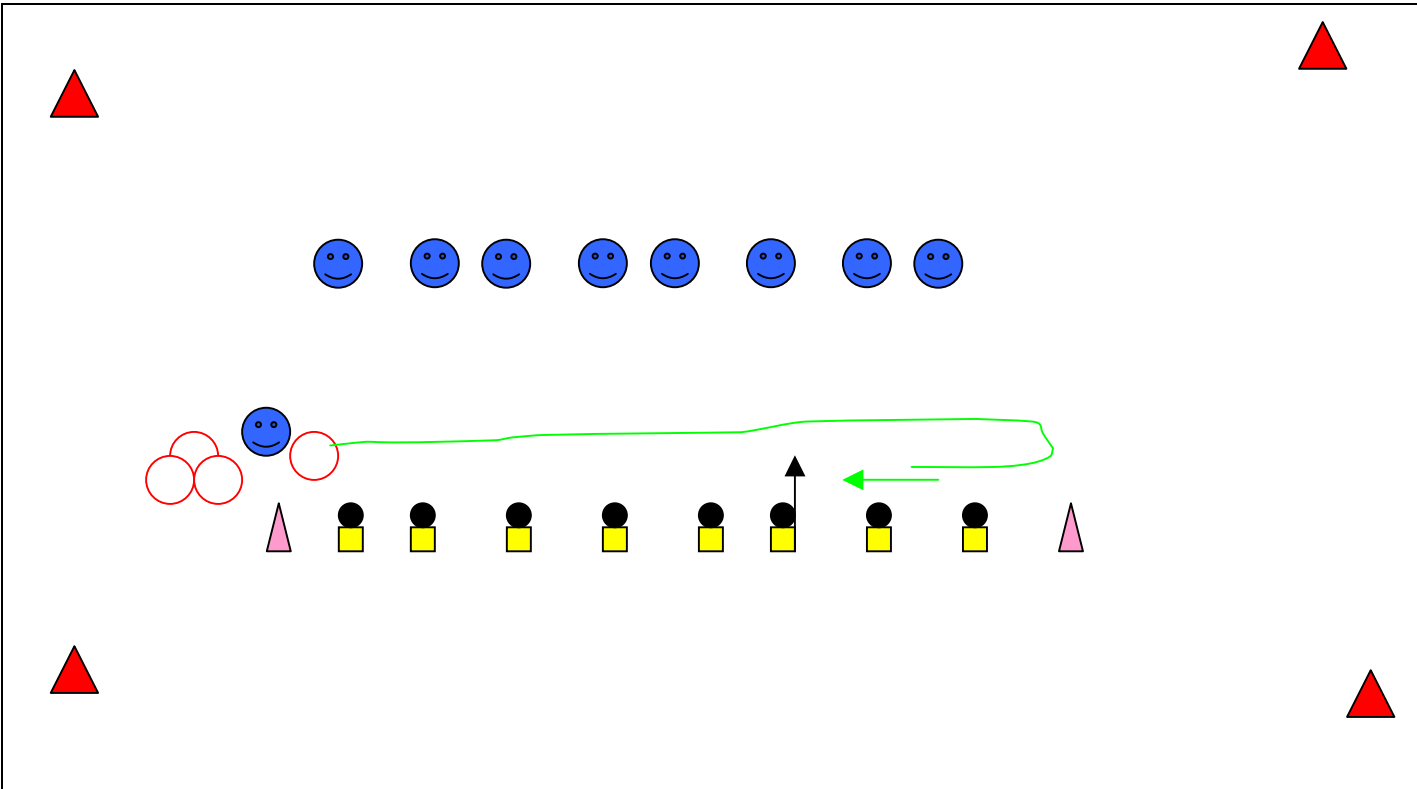
SESSION NINE



KEY

-  = CONE
-  = PLAYER
-  = BALL
-  = Coach

SHOOT THE HOOP



SESSION NINE

Instructions

1. Line all the players on a cone line with a ball each.
2. The coach is 5M in front of the first player in the line with a few hula-hoops.
3. The coach “BACKSPINS” the hula-hoop to the end of the line of players and as the hoop spins back to the coach, all the players try to kick their ball through the returning hoop!!

Drill Progression

1. Coach spins three successive hoops to give the players more opportunity to pass the ball through.
2. Each parent holds a Hula Hoop 5M away from the player. This means the target is stationary. (Do this if nobody can backspin the hoop!!)

Coaching Points

1. Have a few parents 10M in front of the players to receive the ball
2. Work on the players keeping their head down as they strike the ball.

Equipment

1. 8-10 Balls
2. 2-4 Cones
3. 6 Hoops
4. Plenty of helpers.