

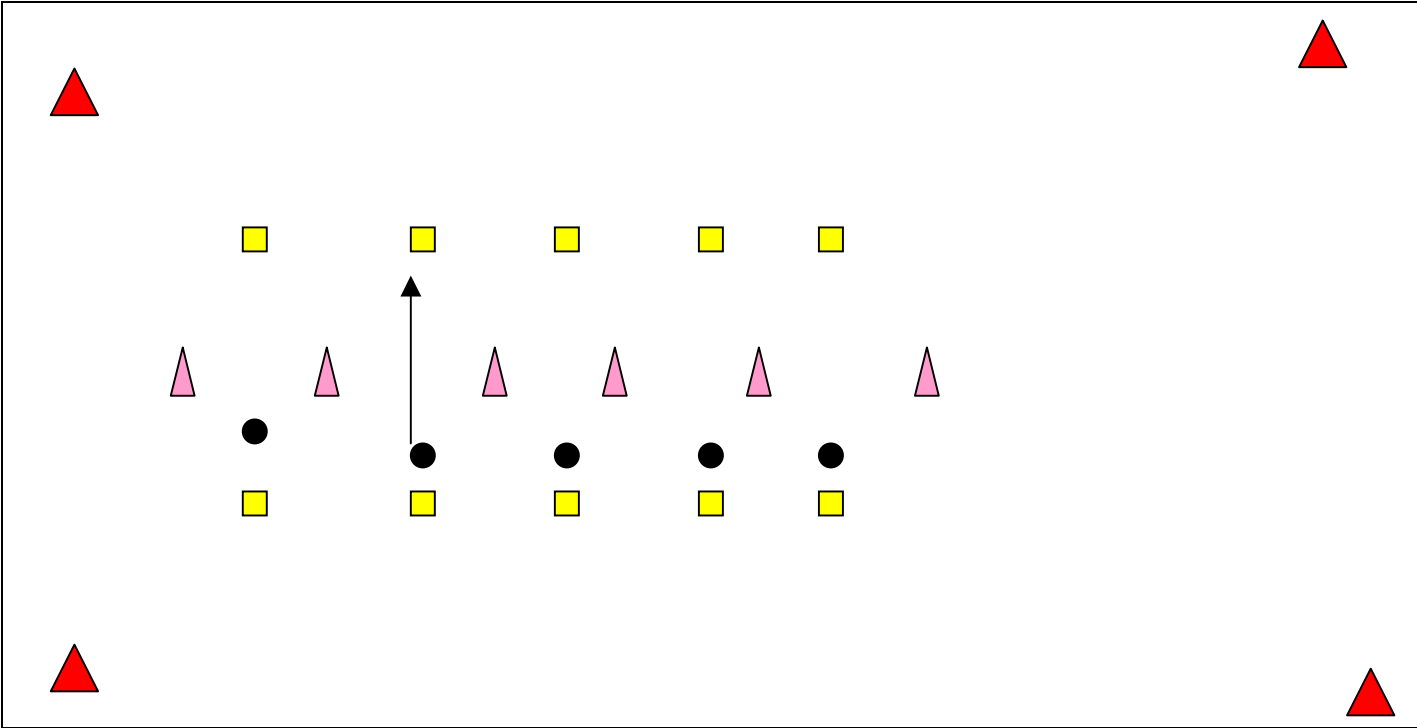
SESSION TWO

THREAD THE NEEDLE



KEY

- ▲ = CONE
- = PLAYER
- = BALL



SESSION TWO

Instructions

1. Divide the players into pairs with a ball between two.
2. Have the players line up between the cones 10-15m away as per the diagram
3. The players pass the ball to each other through the cones without hitting them.

Drill Progression

1. Increase /Decrease the distance to the gates
2. Increase / Decrease the size of the gates

Coaching Points

1. This is a relatively simple passing drill that can allow for different skill levels (see above progressions)
2. Keep the head down and eye on the ball
3. Strike the middle of the ball with the side of the foot
4. Follow through with the kicking foot (as in golf!)]

Equipment

1. 6 Balls
2. 6 Cones