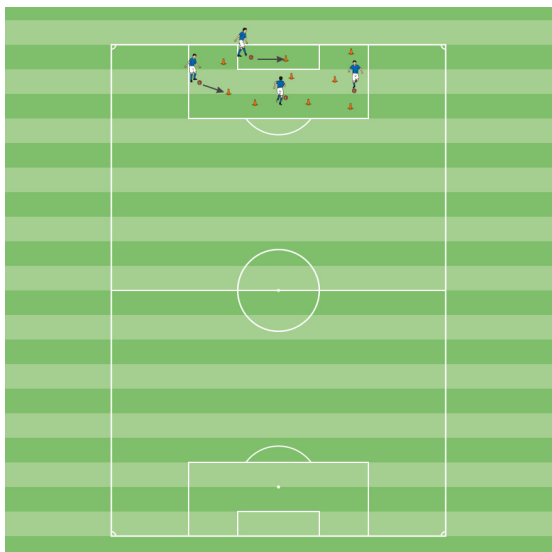








TRAINING EXERCISE

Wreck it Ralph!



	Passing and Receiving Basic Motor Skills
	U5 to U8
	5 to 16 Players
	Cones, Tall Cones, Balls,
	Intensity: 7
	06:00 min (4 x 01:00 min, 00:30 min rest)

Objective

Knock down as many cones as possible

Description

Mark out a zone 20x20 and scatter tall cones all around the area. Every player (Wreck it Ralph) has a soccer ball apart from 1 (Fix it Felix). Players with the soccer ball must try and knock down as many cones as possible by kicking their soccer ball into it. Fix it Felix must run around and try and stand up all of the cones. To make it competitive ask players to count how many they knock down and try to beat previous score, or each player has a turn at Fix it Felix with the aim of having the most cones standing at the end. Progressions: add another Fix it Felix, can only use weaker foot

Key Points

Use side of foot for accuracy, standing foot next to the ball, lock ankle, follow through with leg, think about weight of pass, keep ball close with small touches when moving to next cone