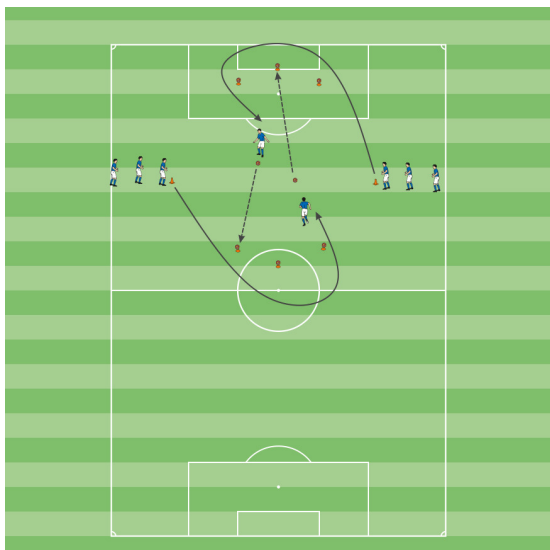








## TRAINING EXERCISE

### Conkers



	<b>Passing and Receiving Reaction</b>
	<b>U5 to U12</b>
	<b>6 to 8 Players</b>
	<b>Cones, Balls, Pinnies</b>
	<b>Intensity: 7</b>
	<b>10:00 min</b> (1 x 10:00 min, 00:00 min rest)

#### Objective

Knock one of three balls off a cone

#### Description

There are two teams of four with each player numbered 1-4. Both take positions on either side of the field at the half-way point. At either end of the field there are three cones, spaced two meters apart, each with a soccer ball on top. When a player's number is called, they must run around their own balls and retrieve one of two soccer balls the coach plays into the middle. They must try and knock one of the soccer balls off the cone before the other team. Only one shot is allowed. Progressions:- Coach only plays one ball into the middle which players have to battle for- Four cones with balls on top, first team to knock off all four balls

#### Key Points

- Shot distance, i.e. easier to hit when closer but have to be quick enough to beat opponent- Side of foot for accuracy- Lock ankle, follow through with leg