



SPACE INVADERS

Category: Technical: Passing & Receiving

Difficulty: Moderate

Am-Club: PEI Soccer Association
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Screen 1

SPACE INVADERS:

Set up 3 or 4 cones with a ball placed on top of each of the 4 cones. Place one cone where you want the group to pass from (distance depends on players ability)

Players take turns to pass their own ball and try and knock off one of the balls from its cone to score a goal. the winning team is when all balls have been knocked off their cones.

PROGRESSION:

Players use weaker foot for passing or increase distance of pass.

COACHING POINTS:

1. Planted foot should be pointing to target
2. Use inside of foot
3. progress to stepping into the pass instead of standing position

