

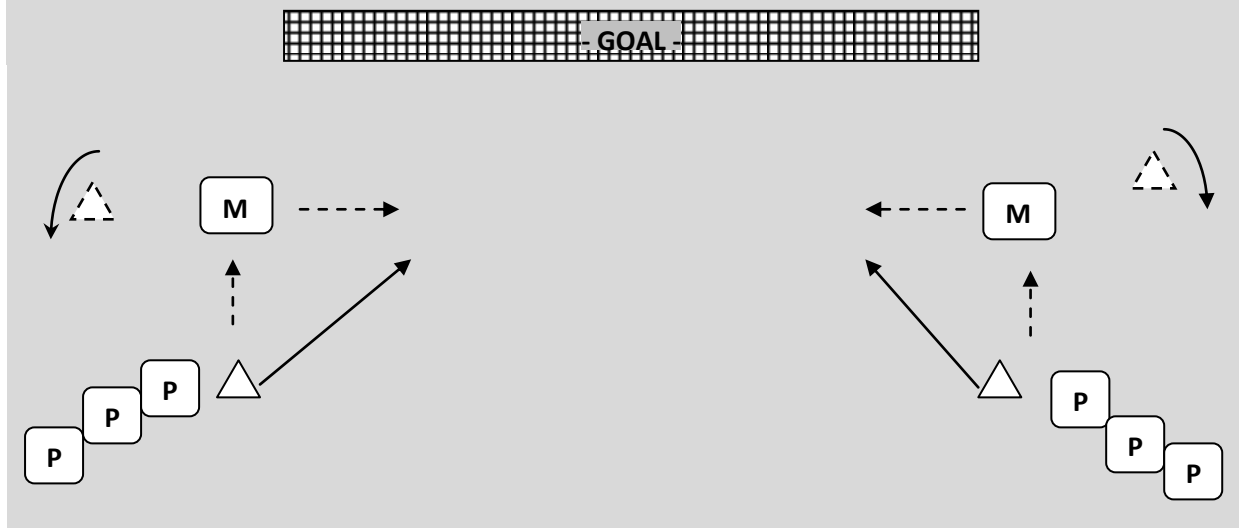
FOOTBALL SKILLS

BASE NO: 5

BASE NAME: 'Catch and Kick'

OBJECTIVE: To practice running onto the ball, catching and kicking.

BASE SETUP:



BASE INSTRUCTIONS: *Demonstrate the base steps one by one – pass, catch, kick*

- Split the players into two groups
- Each team lines up behind a cone positioned out from the goal as shown above.
- Each player should have a football – players pass their ball to the Mentor, who passes it into space for the player to run on to and catch. Players then attempt to score.
- Each player should collect his/her own ball and run around the indicated cone to the back of the line to go again.

VARIATIONS:

- Place a few players as defenders in front of the goal

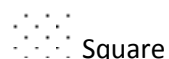
LEGEND:



Cone



Hoop



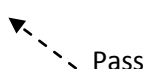
Square



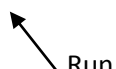
Mentor



Football



Pass



Run



Run around Cone



Player