

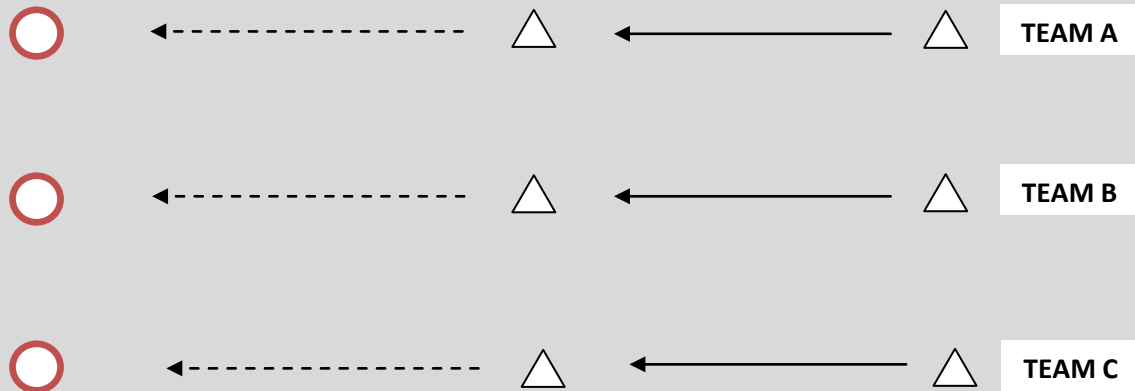
FOOTBALL SKILLS

BASE NO: 1

BASE NAME: 'Hit the Hoop'

OBJECTIVE: To practice kick passing the ball accurately

BASE SETUP:



BASE INSTRUCTIONS: Start the base by demonstrating the Punt Kick at one of the targets.

- Split the group into teams of 3 or 4 players and line them up behind cones. Each player should have their own football, if possible.
- First person on each team, on the whistle, jogs out from the first cone, bounces the ball once, reaches the second cone and takes a punt kick at the hoop.
- Award a point to each team for every kick that hits the hoop.
- Players collect their ball and run back to take their place in line.

VARIATIONS:

- Put a player in between the cone and the hoop to try and block the kick
- Move the second cone further away from the hoop to make the kick harder.

LEGEND:

