



U.K. International Soccer Camps - Online Curriculum

Pin Ball

Level: Warm Up with Ball

Objective: Passing technique with accuracy

Organisation

Mark out a 20 x 20 yard area.

Split the group into two teams with the teams standing opposite each other on the sidelines.

Each player has a ball. Scatter about 20 cones between the two teams in the middle of the grid.

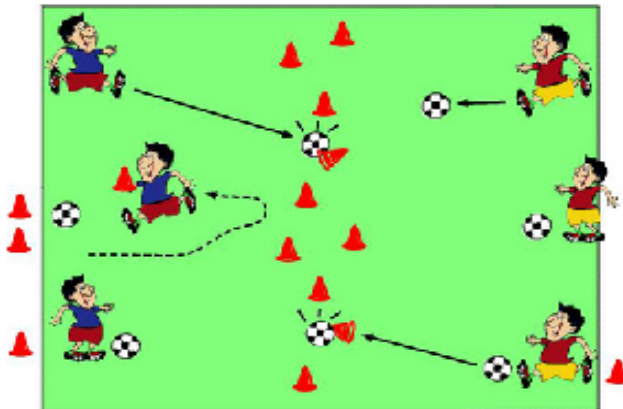
Each player must attempt to knock down as many cones as possible by shooting with their laces.

When they have knocked down a cone they must run, pick it up and place it on a pile outside the grid.

The winning team is the one who knocks down the most cones.

Coaching Points:

- 1: Approach to the ball - Line up with where the ball is going**
- 2: Work with players to use their instep**
- 3: Follow through on pass and use body to generate power**
- 4: Focus on weight and accuracy of pass, both are very important**
- 5: Practice practice practice**





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Gate Ball

Level: Warm Up with Ball

Objective: Passing with movement.

Organisation

Set out a 30x20 playing area.

Have players spread out and split players into pairs with one ball for each pair.

Place cones inside the grid making small goals, make sure you have more goals than pairs.

Each pair counts how many goals they can score by passing the ball through the goal to their partner.

After each goal, the pair must move to another goal to score again.

Progression:

Progress this exercise by using a time limit. After each time, ask players to beat their previous score by m

Coaching Points:

1: Approach to the ball - Line up with where the ball is going

2: Type of pass: Inside push pass, driven pass or lofted pass

3: Inside push pass - make L shape with non-kicking foot being right up next to the ball and kicking foot coming through as an "L"

4: Follow through on pass and use body to generate power

5: Focus on weight and accuracy of pass, both are very important

