



U.K.International Soccer Camps - Online Curriculum

Soccer Bowling

Level: Warm Up with Ball

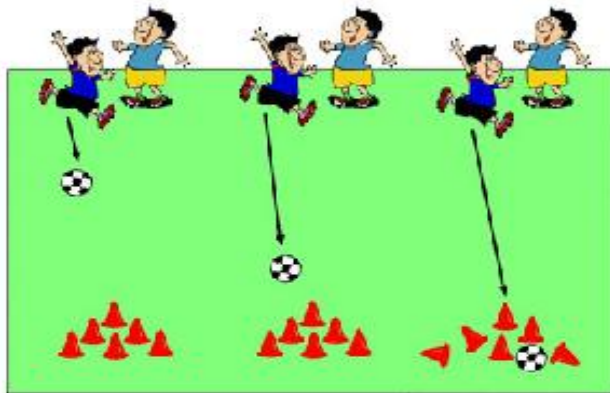
Objective: Weight and accuracy of passes

Organisation

Set out a 30x30 playing area. Teams of 2-4 players. Place 6 cones together, 5-15 yards away from the players depending on their ability. Increase the distance as players progress. Each team tries to knock all their cones over by players taking turns to pass a ball at the cones. After each pass the player must retrieve the ball and dribble it back to their line for the next player to take their turn. The first team to knock all the cones down are the winners.

Coaching Points:

- 1: Approach to the ball - Line up with where the ball is going
- 2: Work with players to use their instep
- 3: Make L shape with non-kicking foot being right up next to the ball and kicking foot coming through-
- 4: Follow through on pass and use body to generate power
- 5: Focus on weight and accuracy of pass, both are very important





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Soccer Golf

Level: Warm Up with Ball

Objective: Short and long passing.

Organisation

Set out a 50x30 playing area. Set up 4 or more holes using flags/cones around your playing field making each hole 20 to 50 yards long. The object of the game is for each player to use a variety of passes to get their ball from one hole to the next hole. The ball must stop within the cone circle, which should be 4-5 yards in diameter. Coach the players to use a variety of passes from lofted passes, chipped passes to normal inside foot passes. You can also coach players to use hook or slice to make curling passes if there are any obstacles in the way.

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

