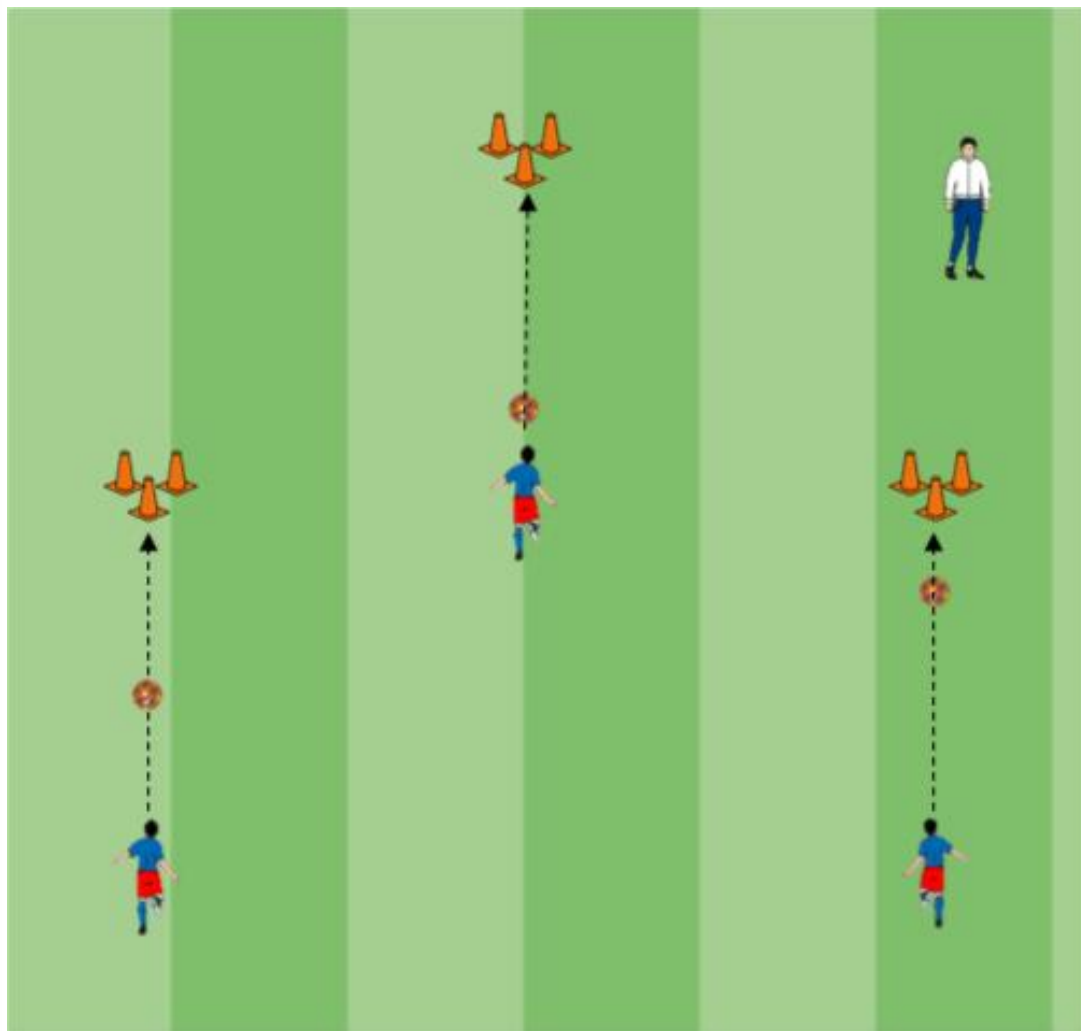


# Soccer Bowling

Game Focus: Develop comfort and power kicking the ball



Set-up: arrange 3 cones like bowling pins 3-5 yards from each player

## How to Play:

- Standing 3-5 yards back, each player kicks a ball, attempting to hit their cones
- Players try to kick the ball hard enough to knock over all of their cones
- When they knock their cone(s) over, simply stand them back up
- Players should take as many kicks as they can during this exercise. (Involve parents to return balls more quickly if possible.)

## Notes:

- Introduce and encourage proper technique for shooting and passing but the focus of this game is to develop comfort striking the ball and good power. Technique is secondary and should not become a roadblock to the flow of the exercise.
- Remind players to lock their ankle when striking the ball. (Think of the difference between a pool noodle and a baseball bat – which one will hit a ball farther?)

