

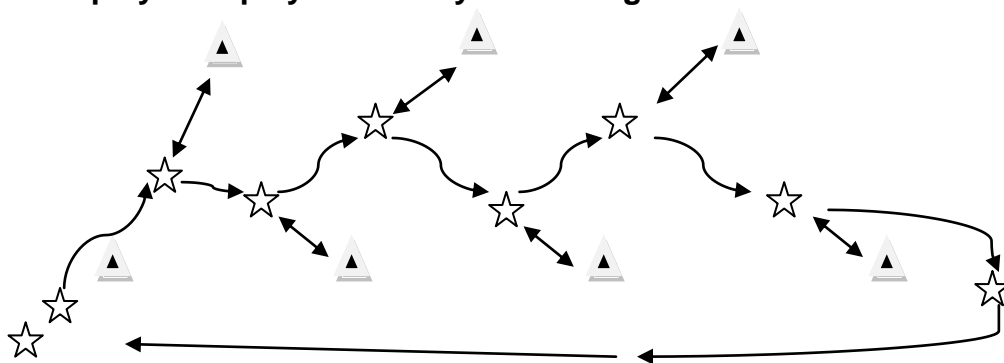


## The Gauntlet

## Technical

### Set Up

- Divide players into two equal groups
- Set up cones in a zig zag pattern approx. 15yds apart.
- Position one set of players on the cones, each with a ball.
- Ball is played to players as they run through and show to each cone.



### Skill

### Coaching Points

- |                          |  |
|--------------------------|--|
| • One Touch              | Strike ball with inside of foot, Keep ankle locked.  |
| • Volleys                | Strike center of ball to keep it on ground.  |
| • Headers                | Strike ball with inside of foot, Keep ankle locked.<br>Step forward with non kicking foot, turn body on angle.   |
| • Receive<br>& Pass Back | Eyes open mouth closed, watch ball hit your forehead<br>Strike ball with head, rock forward at the waist.<br>(From a tossed ball) absorb ball as it hits foot, lift receiving<br>foot off ground, make good touch to set ball up for pass. |

### Progression

- Make sure to work both feet for all skills.
- Work the activity in the opposite direction.
- Challenge players to see how many good plays they can make in two minutes.
- Challenge groups to out perform each other within two minutes.
- Give reward to winning group and/or punishment to losing group.
- Add conditioning to exercise by extending time limit and/or spreading out cones.
- Use throw-ins in place of tossing ball.