

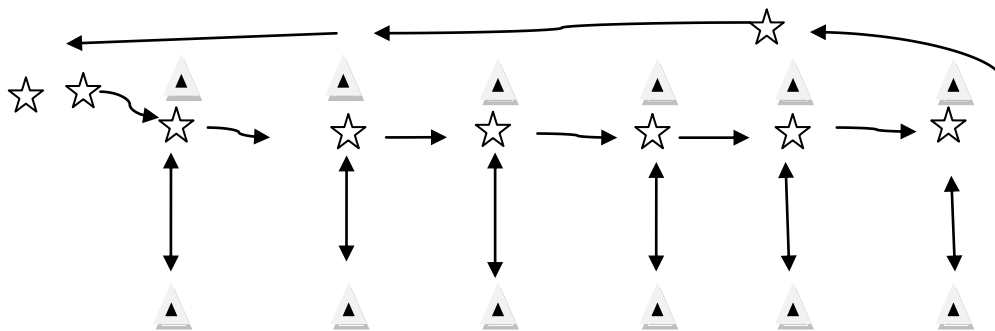


The Slide

Technical

Set Up

- Divide players into two equal groups
- Set up cones in two parallel lines approx. 10 yds apart.
- Position one set of players on the cones in one line, each with a ball.
- Position the other group of players at one end of the line of cones.
- Ball is played to each players as they slide down the line of cones.



Skill

Coaching Points

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