

# COCONUTS IN THE SKY

## STAGES COVERED BY ACTIVITY

Stages 2 & 3- 6-11 year old players

## THEMES & COMPETENCIES

### Theme:

- + Passing and receiving.

### Competencies:

- + Passing over a short distance.
- + Receiving the ball with the feet.

## WHY USE IT

This activity teaches players about passing accuracy and receiving

## SET UP

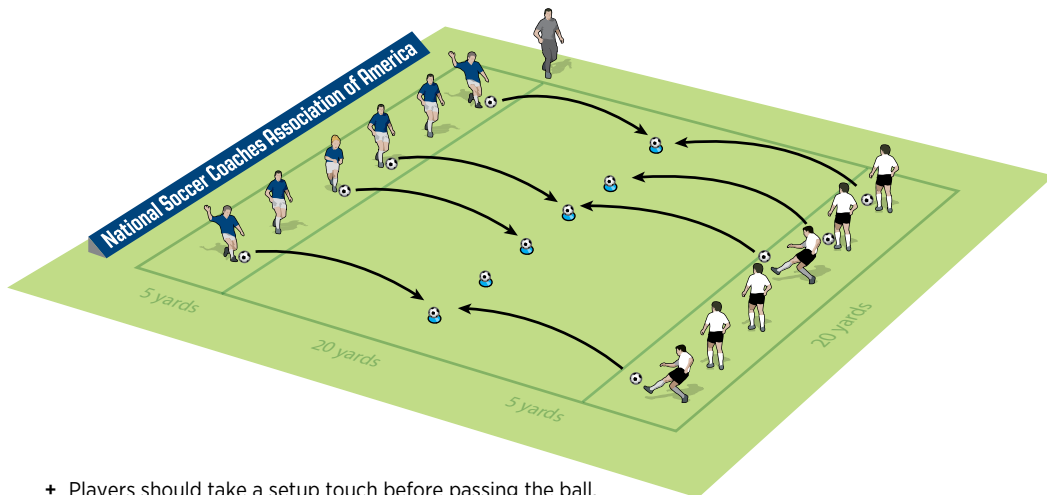
25x20 grid with cones in the corners. 5 yard end zones are on each end line and there are 6 cones with a ball on top of each in the middle. These are the coconuts.

## HOW TO PLAY

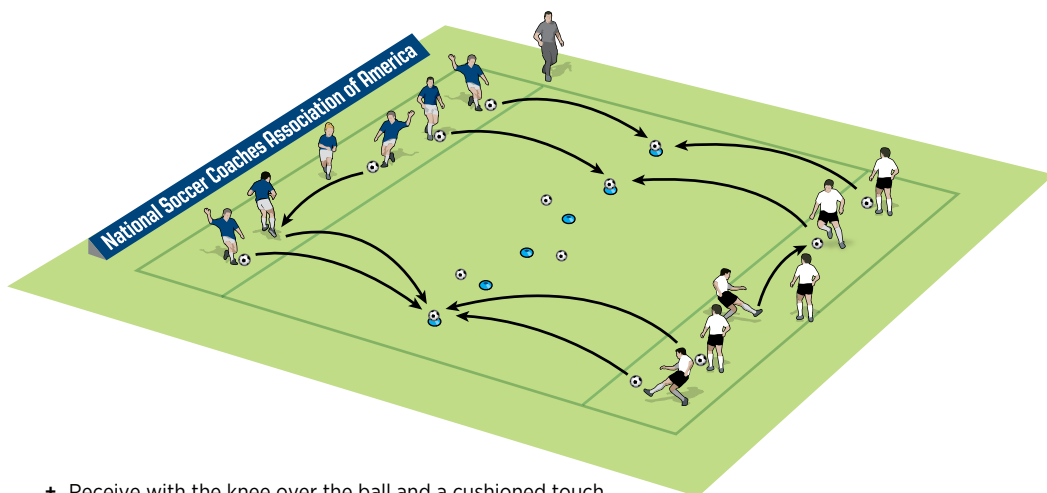
Players are split into 2 groups and they must stay in the end zones. The objective is to pass a ball to knock off the coconuts from the cones. Players in one end zone will receive balls that roll past the coconuts. The team that knocks off the most coconuts will win.

## COACHING NOTES

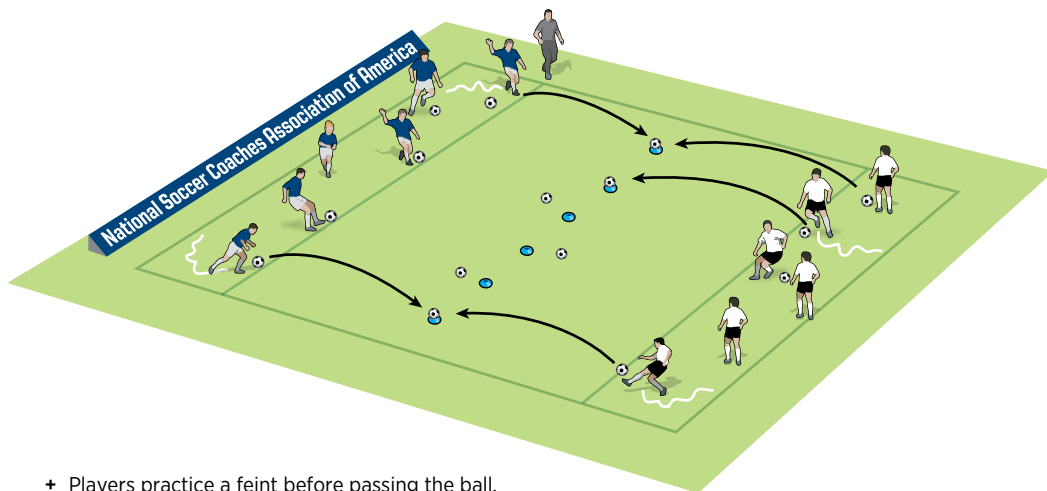
- + Main coaching objectives – teach players to pass with greater accuracy and receive a ball to set up a pass.
- + Coaching tips – adjust the size of the grid for players ability to pass over distance.
- + Adaptations – instead of keeping track of points, a team can win if they knock the last coconut off the cone.



- + Players should take a setup touch before passing the ball.
- + Players may use different surfaces to receive the ball.



- + Receive with the knee over the ball and a cushioned touch
- + Players pass to teammates for a better chance at knocking off the coconut.



- + Players practice a feint before passing the ball.
- + Coach asks players to receive the ball and complete a move before passing.

