

Training Arches Drill 1

EQUIPMENT

1x set of Training Arches. 5 Disc cones.

MEASUREMENT

15 x 15 - 20 x 20 yards

CATEGORY

Passing

COACHING POINTS

1. Be on your toes ready for a quick start.
2. Approach the ball with the non-kicking foot placed alongside the ball.
3. Your upper body and head should be over the ball to provide control and stability.
4. Use the inside of the foot to pass through the middle of the ball.

PROGRESSION

1. Use both right and left feet.

1

STARTING FROM THE CENTER, THE **PLAYER** WILL ATTEMPT TO PASS THE FIRST BALL THROUGH THE TRAINING ARCH...



2

THE **PLAYER** MUST PASS THE REMAINING 3 BALLS AND FINISH IN THE CENTER... COUNT HOW MANY YOU GET THROUGH AND TIME YOURSELF

