



Take out the Trash

Objective- To work on both passing and throw -Ins

Mark a line as shown in the diagram and place players opposite each other approx 5 yards away from the line

The game is played for two minutes and roles are then reversed. For the first two minutes, the red team work on the technique of throwing the ball to the yellow team and the yellow team work on passing the ball to the red team.

After the two minutes has ended, the yellow team count how many balls (the trash are on one side and the red team count how many balls (the trash are on their side) The winning team is the team with the least amount of soccer balls on their side of the line.

Coaching Points

Throw In's -

Keep both feet on the floor

Ensure both hands are on the ball, take back behind head, bring ball forward over head and release.

Passing

Body in line with the ball

Move ball to slight angle on side of body, keep ankle locked, head still and push foot all the way through using inside of foot.