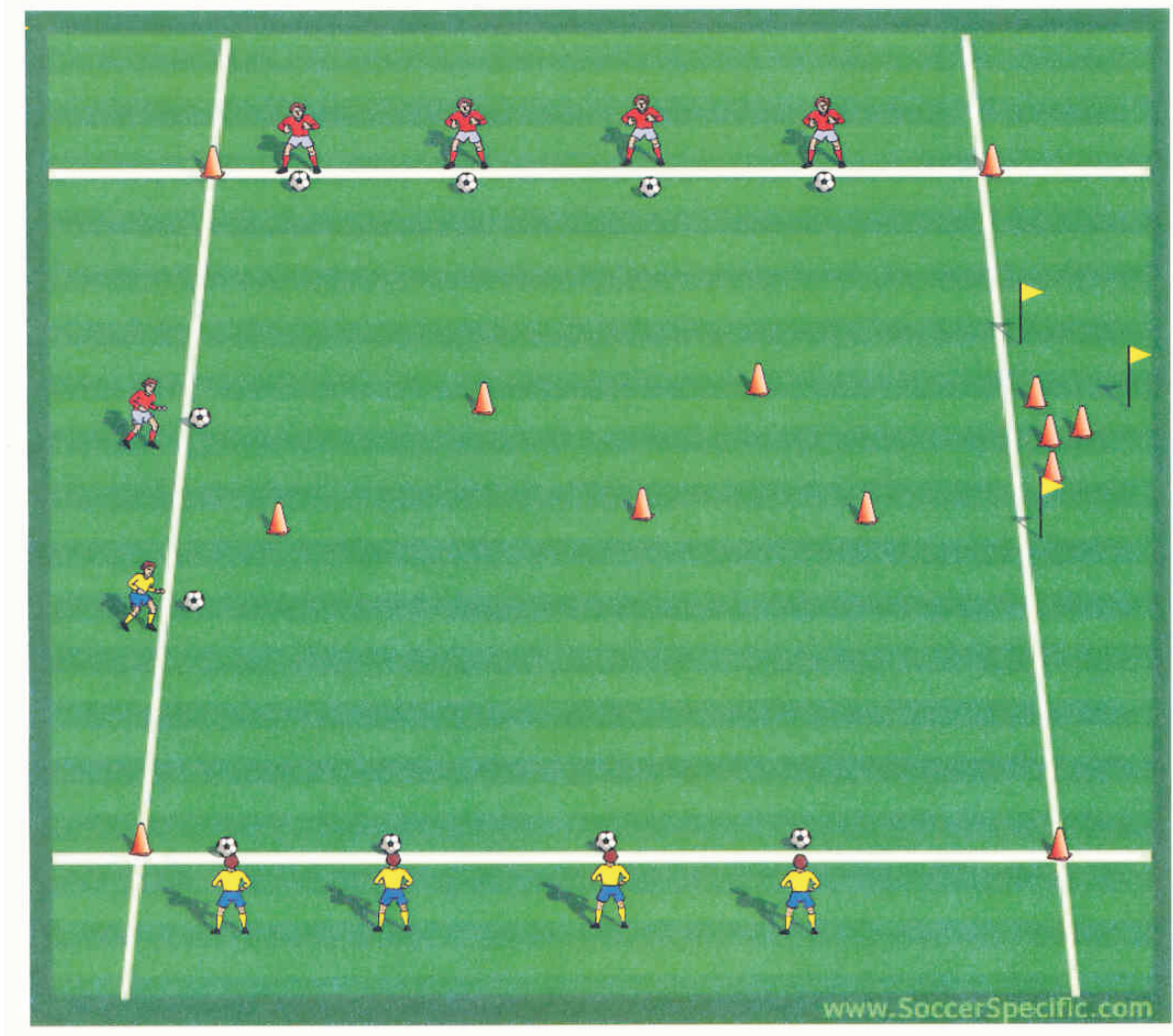


Paint Ball



Purpose: Encourage both dribbling and passing techniques

Organization

1. Group players into pairs, red team and yellow team, facing each other
2. Two other players should be on the mid line, one red and one yellow
3. The mid line players must dribble through the cones and bring the cones back
4. First team to bring two cones back wins
5. The end players must try and hit the players of the opposite team and try and slow them down

Coaching Points

1. Use the inside of the foot for passing accuracy
2. Time the pass, for example try to hit the player when the player gets near you
3. Take at least two steps back when striking the ball