



**Set Up:** There are six players set up on a small field, playing in pairs. Target goals (or barriers) are placed between them.

**Procedure:** The players pass the ball back and forth thru the target goals (or over a barrier), and the players are limited to one or two touches. Points are scored when the target goal is missed or too many touches are taken. The first player to five points wins the game, and the players compete in best out of three matches before changing partners.

#### **Teaching Topics:**

- 1 Receiving.
- 2 First touch.
- 3 Ball striking.

#### **Progressions:**

- 1 Decrease the size of the targets.

#### **Coaching Points:**

- 1 Move into the path of the ball and get your feet set as early as possible.
- 2 Prepare the ball at the proper angle and distance in order to strike a quality pass.
- 3 Contact the top half of the ball in order to keep it on the ground.