

## Soccer Bowling, submitted by C.B. Ananthan, Lehigh Valley TOPSoccer

**Objective** Dribbling and shooting the ball with accuracy

**Description**

Coach and volunteers set up multiple rows of 4 poles/large cones to create a dribbling course. About five feet beyond the last pole/large cone, a semi-circular hoop is spiked into the field. A few feet beyond the hoop a small pyramid of cones is set up.

Sets of 3 or 4 players form a line at the starting point behind the first pole/large cone of each row.

At the coach's signal, the first player dribbles around the pole/large cones in a S-pattern; after weaving through the poles/cones, the player passes the ball through the semi-circular hoop to knock down the pyramid of cones.

The players are encouraged to run with the ball as opposed to walking with the ball. The coach and volunteers emphasize proper shooting techniques to ensure that the ball passes through the hoop and hits the cones.

There is a celebration every time a player knocks down the cones with a soccer ball.

After the cones are knocked down with the soccer ball, the player returns with his/her soccer ball to the back of the starting line-up.

**Dribbling**

**Shooting**

**Ball Control**

**Running with the Ball**

**Basic Motor Skills**

**Coordination & Balance**

**Coaching Points**

- Soft touches on the ball
- Dribble with control, keeping the ball close
- When shooting use the inside of the foot to have better control

