



## Target Practice

### Age Group

U5 to U9



### Stage of Session

Middle



### Category

Shooting



### Duration

5 Minutes



### Description

Set up two teams. Each team has three balls on three cones as the target. From behind a line about 5m away the players take turns to try to knock their balls off the cones. The first team to knock the balls off the cones wins.

### Objectives

- Shooting

### Variations

- Vary the distance from the target to 7, 10, 12m making it more difficult to hit.
- Give the players animal names. Call the animal and that is the person next to kick the ball.

### Further development

- Set up hurdles in front of the cones. Players must shoot the ball over the hurdles.

### Related activities

- *Tunnel Target Practice* – Pairs of players about 6m apart pass a ball through a third players legs. (CGF 'tunnel target practice' p47)
- *Ten Pin Bowling* – 2 players stand about 15m apart. Each player has 4 traffic cones in a line. Each player takes turns to try to knock down the other players cones with a ball. Whoever knocks their opponents down first wins. This is a great 2 player game. (Coaching Grassroots Football 'tenpin bowling' p47)
- *Shooting Gallery* – 2 pairs of players shoot a ball across a square and try to hit the other players ball. (CGF 'tunnel target practice' p49)
- *Torpedo* – 2 players pass a ball between pairs of players who try to hit the ball.

### Coaches notes

Players love trying this one.

## Target Practice

