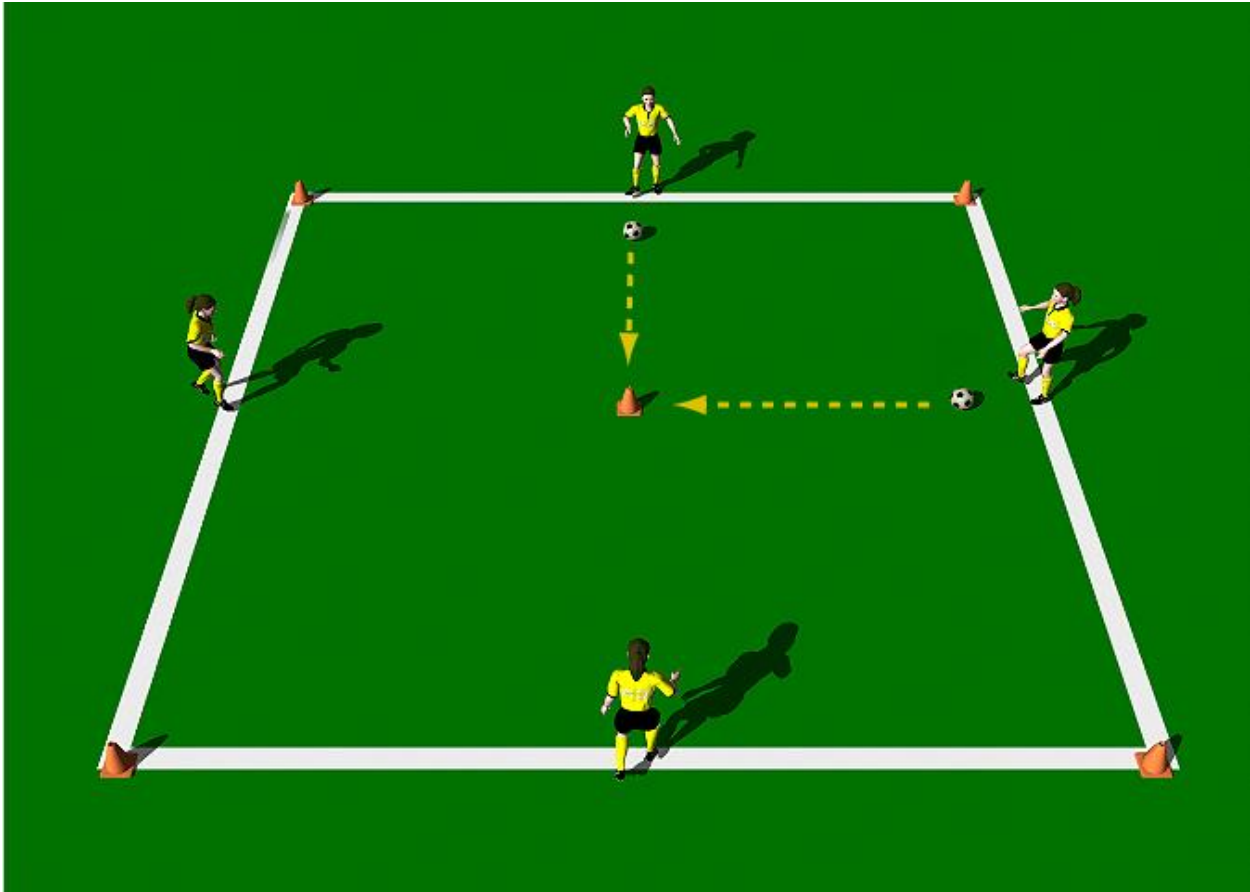


Knock Down the Cone Passing Game



Exercise Objectives:

This practice is designed to improve the mechanics involved in the execution of the “Push Pass” with an emphasis on accuracy.

Coaching Points:

Four players are positioned in a grid 10 yards by 10 yards. Players work in pairs with their partner on the opposite side of the grid. On the coach’s command, the first pair to knock down the cone in the center of the grid wins. One of the losing pair must stand up the cone after it is knocked down. First pair to knock down the cone 5 times wins.

Field Preparation:

Area 10 x 10 yards. 4 players. 2 balls. Cones.

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