



SOCCER BOWLING

SKILL

Touch on the ball.

SETUP

Three cones evenly spaced with a ball on top of each.

HOW TO

Players start behind the cone, split into different teams depending on numbers with same setup for each group. One player stands behind the cones with balls on top (the pins) and tosses the ball to the players standing in line, he/she then tries to volley and direct the ball to knock over a pin on the first touch. Inside of the foot, laces, thigh to foot, chest to foot, head can all be different variations used.

ALTERATIONS

Distances will need to be altered for each age group. For younger kids, just have them try to hit the cone.