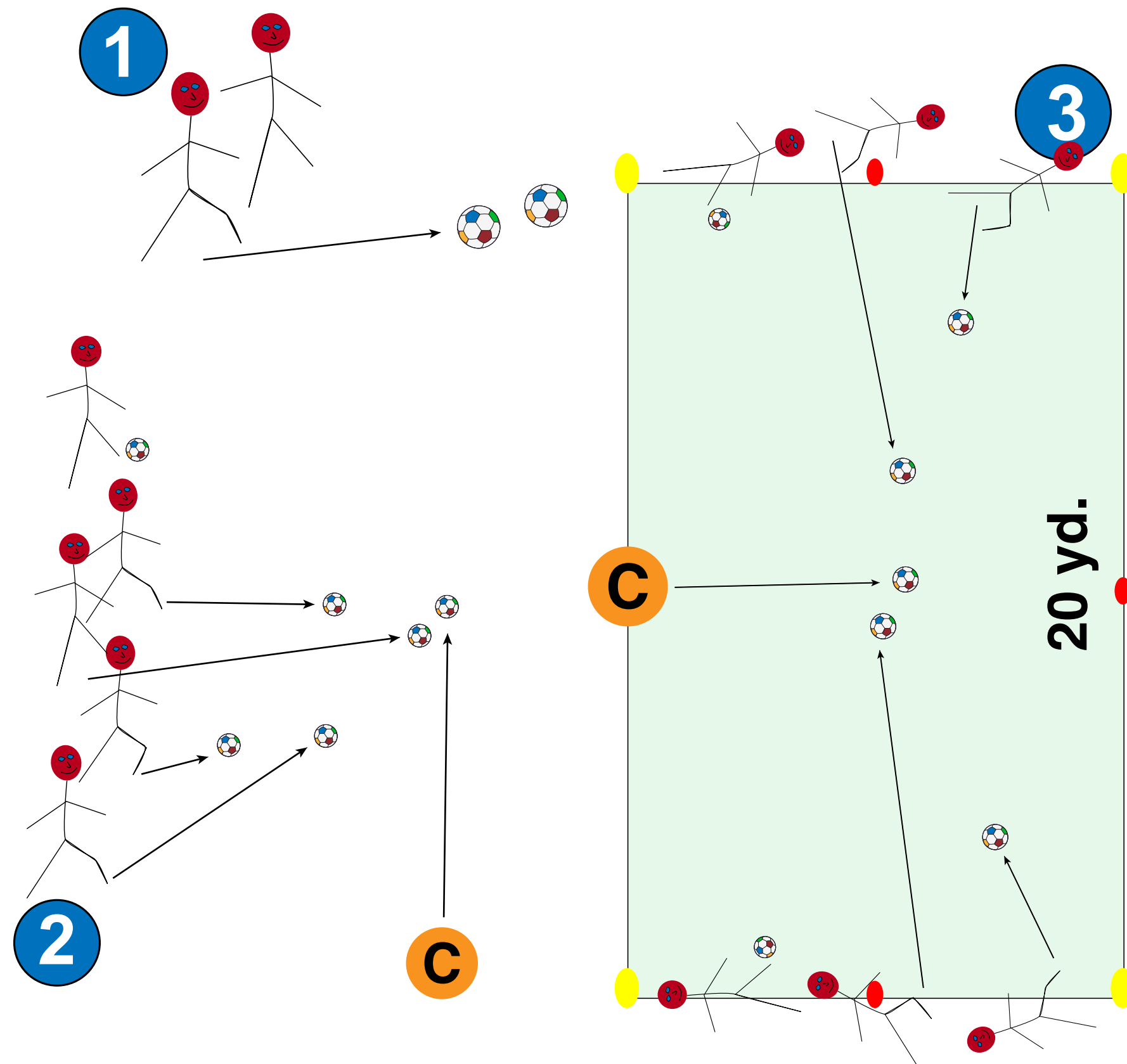


Bowling



1 One ball each. Player 1 kicks their ball, then Player 2 passes their ball trying to hit their partner's ball. Players switch roles each time.

2. Coach passes a ball and players try to get their ball the closest. Players can knock away the other balls with their ball. The player who is closest gets to pass the target ball the next time.

3. Team game. Divide the players up into two teams 20 yards apart. Coach passes the ball into the middle. Teams try to get their balls the closest.

Coaching point: *Focus on the non-kicking foot, aiming at the target.*

