	Skill Level	Skill Focus	Age Groups
	Intermediate	Ball Control Passing Shooting	U5/U6 U8

Title: Minnions **Duration:** 10-15 minutes
Setup: 15x15 bigger if needed

Description:
One player has a ball others do not. Object is for player to hit other players below the knee with their ball. If a player gets hit, they have to get another ball and join as a minion, use practice jerseys that the Minnions hold.

Coaching Points:
- Use the inside of your foot to pass
- Point your plant foot at the your target. (Point your toe where you want it to go)
- Keep you head up to see where players are

Progression: Everyone has a ball and the Minnion must hit the ball instead of the player.

Make it Fun:
- Coach use a diabolical laugh when players are hit with the ball
- The coach can help if a minnion is having trouble