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

Title: Knock'em Down **Duration**: 10-15 minutes

Setup: 15x15 yards with either cones set up in the middle or in a line

Description: Have the players shoot at the cones to knock them down. Players shouldn't dribble up to the code but take a big kick to try and knock them down

Coaching Points:

- Take a step before you kick.
- Use the inside of your foot
- Point the plant foot where you what the ball to go. (Point the toe where you want it to go)

Make it fun: Who can get the last one? How many did you knock down?