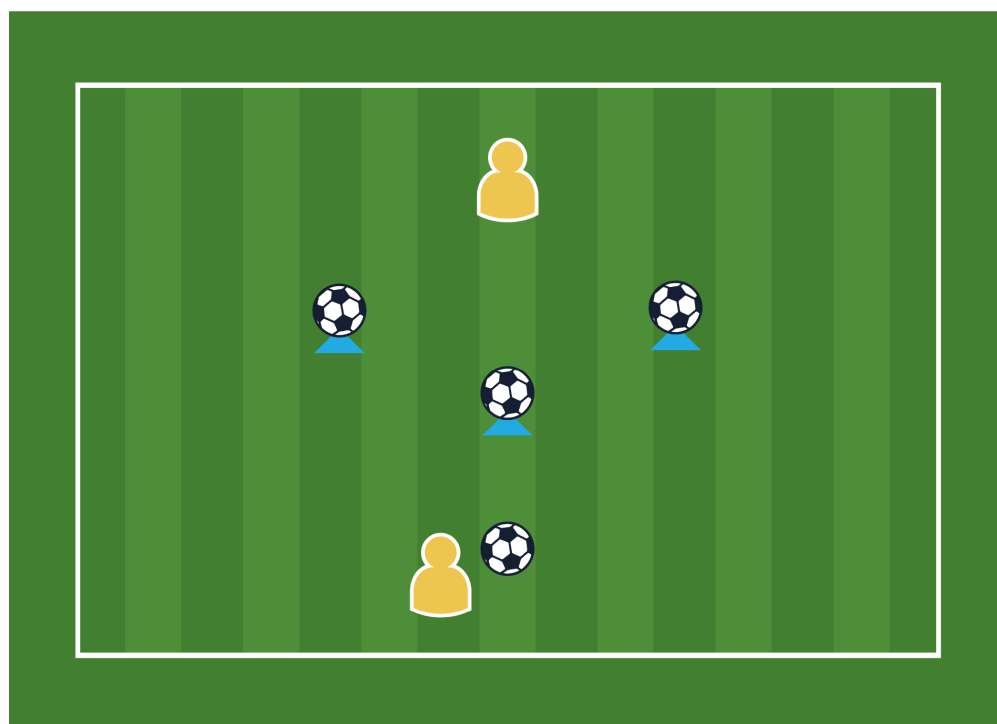


## SESSION PLAN

# FOOTBALL BOWLING



BALL:



PLAYER:



CONE:



## OBJECTIVES

Players will develop their understanding of:

- how to strike the ball to hit different targets accurately
- using different finishing techniques.

## HOW TO PLAY

- Players take it in turns to see how many footballs they can knock off the cones – in other words, how many 'pins' they can knock over
- Whoever knocks the most footballs off wins
- You can use a time or shot limit to provide structure

## ORGANISATION

- Split your players into groups of two or three
- Give each group a football, some cones and a space to work in
- Ask the players to place the cones down wherever they want in their area, and to put a football on top of each one – this creates a 'bowling pin'