

# PINBALL



Foundation

## What we are going to learn

We are going to learn to pass a ball under control using good spatial awareness. We will also become more competent, confident and an expert in our techniques and will apply them across different game scenarios.

## Equipment we will need

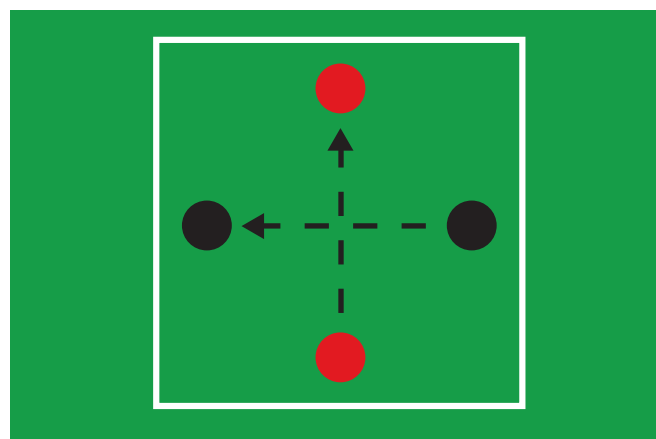
Cones to mark out a grid  
2x footballs

Don't have cones? Try using household items like jumpers or water bottles to mark out your area.

Be sure to use hand sanitiser and wipe down any equipment. Always remember to maintain safe social distances when attempting Play Safe drills.

## How to set up this drill

Divide your area into boxes, have four players and two balls in each area. If possible have a safe distance between each of the boxes. If this isn't possible then ensure players are spread out if they are sharing a line with another player. Players are paired up and have one ball between each team. One team passes left to right of the area and the other passes from bottom to top. The aim is to pass the ball back and forth with your partner without hitting the opposition's ball as they do the same. For every completed pass you get one point. If the footballs collide, both teams reset to zero but keep their high score. Each round lasts two to three minutes. After every round the winning team in each box is awarded a point. After every round rotate so that each team plays against a different opponent every time.



## Things to think about

- Check the space in front of you before you receive the ball and decide how many touches you need to take.
- Use the inside or bottom of your foot (Futsal style) to control the ball.
- Use the inside of your foot to pass the ball.
- Vary the weight of your passing depending on how much space or time you have.

## Want to make this drill easier or harder?

You can alter the size of the grid or the ball in order to increase or decrease the difficulty.

### Don't want to use a football?

This drill can be done with any sort of ball and can be adapted for rugby, cricket, basketball, tennis, etc.