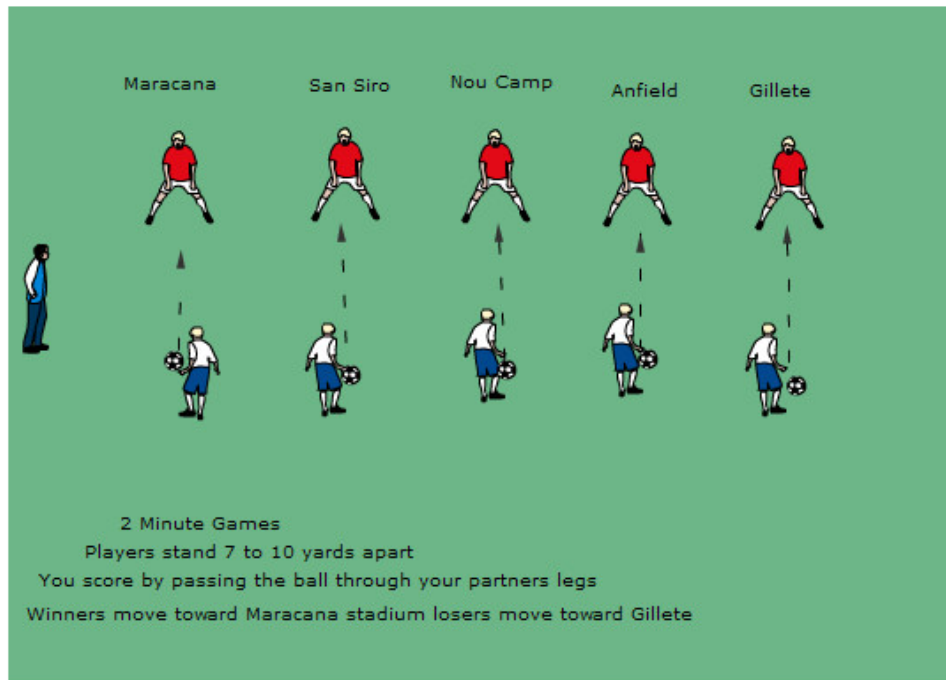


## Inside of the Foot promotion relegation game



**The Game:** Players stand about 7 to 10 yards apart. They try to pass the ball through their partners' legs. They get a point every time they are successful. Play games for 2 minutes and then have the winners move toward the coach, the loser moves in the opposite direction.

**Focus:** Proper inside of the foot technique!

- Toe up ankle locked
- Placement foot facing your partner
- Strike through the center of the ball
- Use both feet!

Coach can name the fields anything, but should made the championship field a special place!

**If you enjoy this exercise Coach Donahue recommends:**

**Possible next Activity:**

Passing In Pairs with Basic Movements  
2v1 plus 1

**Match Related Game/Exercise to Goal:**

Possession with Boundary Players  
Gate Game (Possession) Combined