

Create a 5-10 yeard neutral area that no player can enter. Use a minimum of one ball per two players (for best results, use a ball for each player). On command, each team tries to keep its side free of balls by kicking through the neutral zone to the opposite side. Play for a specified time limit.

After players understand the game, try some of these variations:

- 1. Must use two touch, one to receive, second to kick the ball back.
- 2. Only use inside of foot when passing.
- 3. Only use instep (laces) when shooting.
- 4. Must do a soccer move, then kick across.
- 5. As players get better and more powerful, increase the nuetral area to promote longer and harder kicks.
- 6. Use fewer balls. Now players must make a pass to a teammate, who then kicks the ball across.