



How accurately can you pass a ball from 4 meters away?

Equipment Needed:

- #4 or #5 soccer ball
- 2 cones to set target "gate"
- Tape measure
- 1 cone or other object to mark ball placement spot

Rules:

- Set up two cones (or other fixed objects) 1 meter apart to create target "gate"
- Place a cone (or other fixed object) 4 meters from the target "gate"
- The player will then take 10 attempts to see how many passes can be made through the gate.

Scoring:

2 Points—ball goes through gate without touching cones/objects.

1 point—ball touches cone/object

0 points—ball misses gate and cones entirely



Modifications:

- Smaller/larger soccer ball
- If you do not have a soccer ball, you can use another round object
- If you do not have cones, use any other stationary object to mark start/finish line
- If you do not have measuring tape, take 1 giant step for 1 meter and 4 giant steps for 4 meters



← Two cones spaced 1m apart to create target "gate"

Place ball 4 m away from target "gate"

