

Charging *(This is the correct way to push in soccer)*

Mark two cones about 10 Yards apart.

Partner up the players by height, the best you can, and have them line up behind the first cone.

The first two players will stand side by side and lean their shoulder into each other and push. (Hand and Elbow Stay Down buy their side)

While leaning they should walk to the other cone and stay balanced.

Next time they should jog while trying to lean and stay balanced.

Once the players get comfortable having someone push into them, add the ball.

When you add the ball, have the coach role the ball between the players.

The players should lean into each other and push their opponent off the ball.

