

Name/Title: Thread the Needle

Prerequisites: Students should have the basic fundamentals of dribbling and passing before attempting this activity.

Suggested Grade Level: 6-12

Materials Needed: One soccer ball per/offensive partners. 20+ cones (2/goal with 5+ goals on each side of the gym)

Description of Idea

Before class, have several pairs of cones set-up around the gym about 5 feet apart. These will be the goals.

Split the class into four teams and have each student pick a partner. Then split the class into two separate games, two teams on one side of the gym and the other two on the other side.

Decide which teams are the defenders and which are the offenders. The students who are the offenders must dribble up to the cones and pass, through the cones, to their partner on the other side. The defenders must prevent the offenders from scoring by stealing the ball.

If the ball does get stolen, the defending pair become the offenders and vice versa. For every pass that is successfully passed through the cones to their partners, is a point. After they have passed through the cone to their partner, they must then dribble to another set of cones.

After a few minutes have the teams switch roles to allow everyone to have a turn in being the defender and offender.

Submitted by **Michael Denver** in Bayville, NJ. Thanks for contributing to PE Central! **Posted on PEC:** 2/24/2015.

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