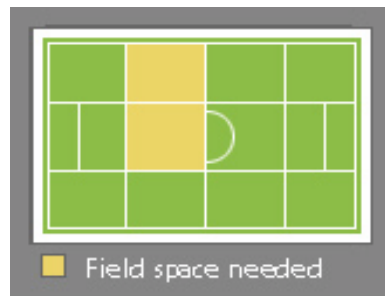


Materials Needed



Area 20 x 20 yds

- Balls
- Cones

Shooting in Fours (Shooting)

Description:

4 players work in a group. 1 keeper, two strikers and 1 server. The server plays a ball to Striker 1 who takes a touch before shooting. The server then repeats with Striker 2. Rotate players every 2-3 minutes.

Coaching Points

- 1st touch out of your feet
- Lock you ankle

- Strike ball with laces

Progressions:

- 1) Server throws the ball in for a volley or half volley.
- 2) Attackers have 1 touch to score.