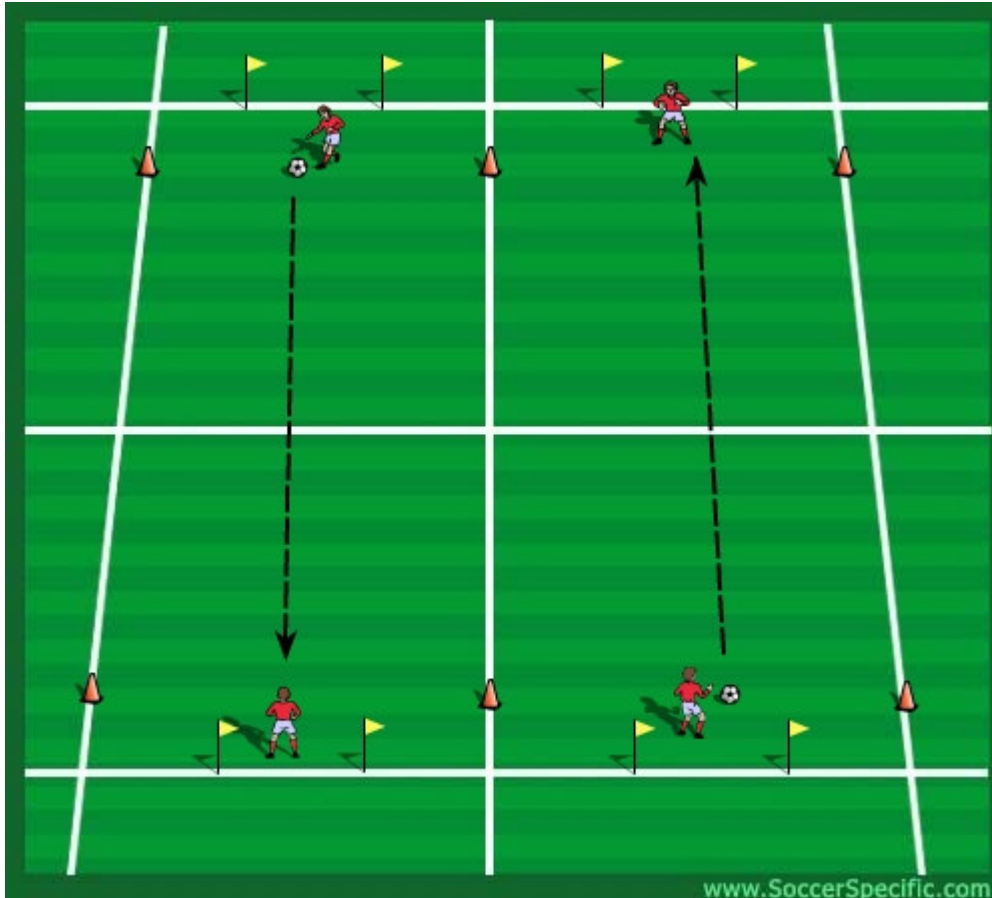


Save It, Shoot It

Emphasis: Correct mechanics of shooting from distance



Set-up:

Players are arranged in pairs. 10 x 20 yard grid with two flags (or cones) placed at each end to create a goal. One ball for each pair. Two cones are placed 2 yards from the goal line on either side of the grid as shown. Repeat grid set up to accommodate entire team.

Objective:

Players begin at opposite ends of the grid. Player must strike the ball back and forth attempting to get every shot on target. Points are awarded for scoring in the opponents goal. Players have two touches – one to save the ball, one to shoot. Players may use their hands to save the shot. Players must shoot before the ball crosses the cones placed two yards from the goal line.

Progression:

1. Players cannot use their hands to save shots that are traveling lower than chest height.
2. Competition – first player to score 10 goals wins.

Coaching Points:

- Strike the ball with the laces.
- Follow through – land on the shooting foot.
- Non-kicking foot must be in line with the target.