



2010 DRILLS



Drill of the Week...

Corner Targets

Target Practice:

Here's a simple way to practice shooting. Mark four targets on a net: both top corners, and both bottom corners. These are the optimum places to aim for when shooting, the parts of the goal that are most difficult for the goalkeeper to reach. Practice shooting at these targets from varying distances.



Remind newer players to use the inside of their foot. When players have advanced in their control of the ball, have them use the inside and outside of their foot, as well as encouraging them to use their weaker foot.

Tip: Remember to keep your head down over the ball as you strike it. This will keep the ball down, whereas if you lean back, the ball is likely to fly into the air over the crossbar.

Video drill for the week: **Shooting -**
<http://www.youtube.com/watch?v=EQNy7INqtkY&feature=related>