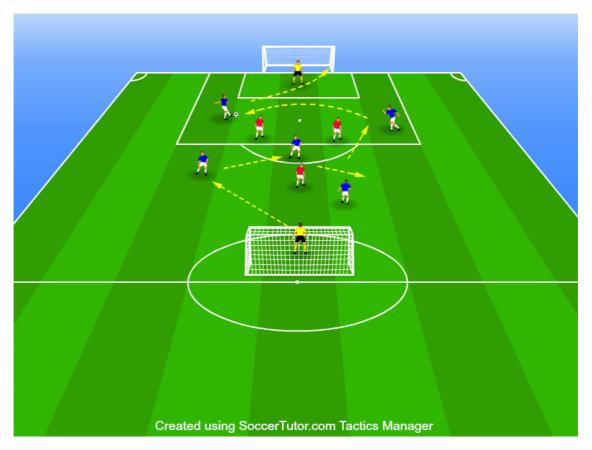




Striking the ball - LDS Goalkeepers



Date:	7/Jan/2020	Measurement:	10 x 10
Time:	N/A:N/A	Players:	0
Duration:	N/A	Level:	U8 - U10

Objective:

Description: Striking the ball Practice.

Blue team must shoot in the bottom 2 corners (Zone these out) for 3 points any other goal is worth 1.

1v1 - Could play without goals and use Poles: Players must run through the poles for 3 points or shoot on goal for 1 point.

Add a time limit or amount of passes for attacking team. Also coaching their movement and speed of pass etc.

Coaching Points:

Progression:

