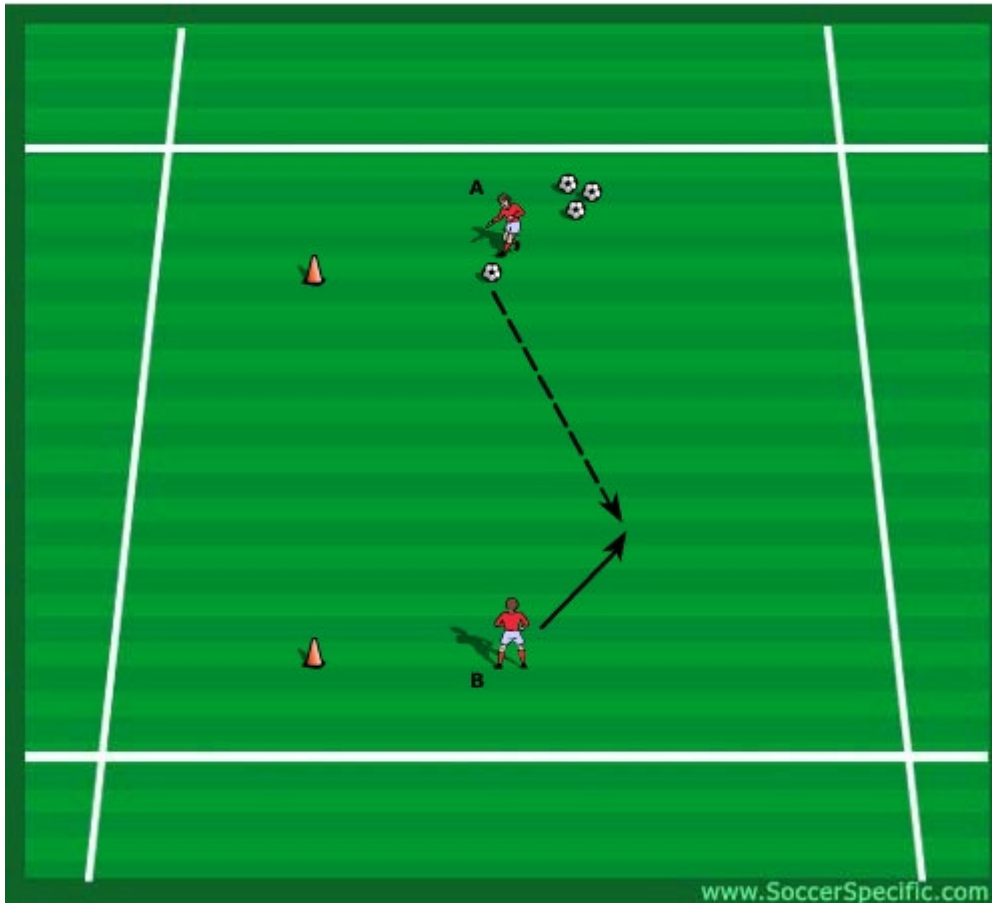


Hitting A Moving Target

Emphasis: Accuracy with the in-step



Set-up:

Two goalkeepers face each other twenty yards apart. This distance has to be close enough to focus on the technique of the strike.

Objective:

The two goalkeepers drive the ball back and forth with as much accuracy as possible. Goalkeeper A drives the ball to goalkeeper B who acts as a moving target. Goalkeeper B can move anywhere he/she pleases.

Progressions:

1. Lengthen the distance between the cones to 30 yards.
2. Limit the touches to 2.

Coaching Points:

- Look up and find your target before you strike the ball.
- Must have a good first touch out at a 45 degree angle.
- Make sure goalkeeper B is calling for the ball.

“Let a beauty full of healing and a strength of final clenching be the pulsing in our spirits and our blood”
-Margaret Abigail Walker-