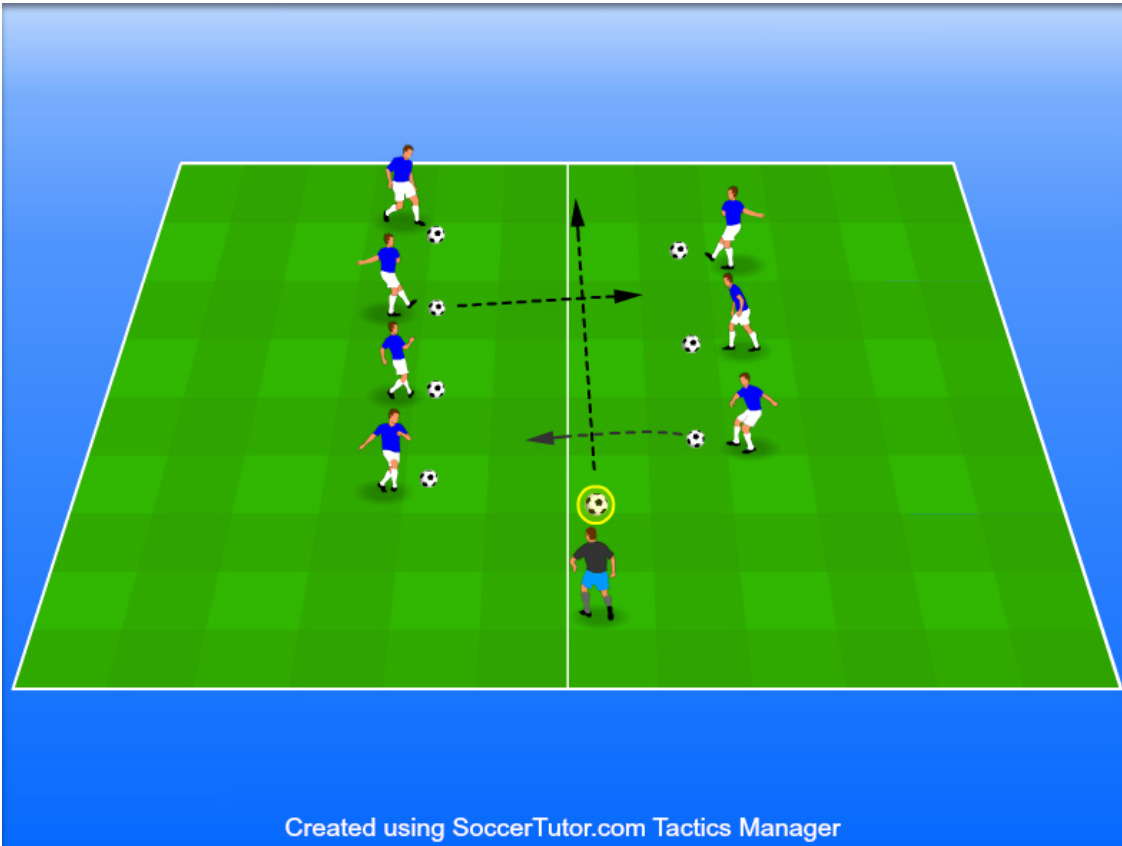


Elmer Fudd



Date: 23/Aug/2017

Measurement: 20 x 30 Yards

Time: N/A:N/A

Players: 0

Duration: N/A

Level: U5 - 18+

Objective: Work on timing, shooting/passing accuracy.

Description: A shooting activity - Coach rolls the target ball down the channel and the players try to shoot their ball into the moving ball.

*Play where all players keep track of their own score.

*Play as teams, first team to hit the ball they get the point. (Play to a certain # to win)

Coaching Points: *The standing foot steps toward the ball and steps next to the ball. *Ankle of standing foot is about equal to the center of the ball. *Standing foot toe is aimed at the target where the ball should go. *Kicking foot has toe down (for a shot) and ankle locked. *Passing technique would be toe up and out. Ankle also locked.

Progression: *Widen the area for longer shooting
*Roll the ball faster or slower