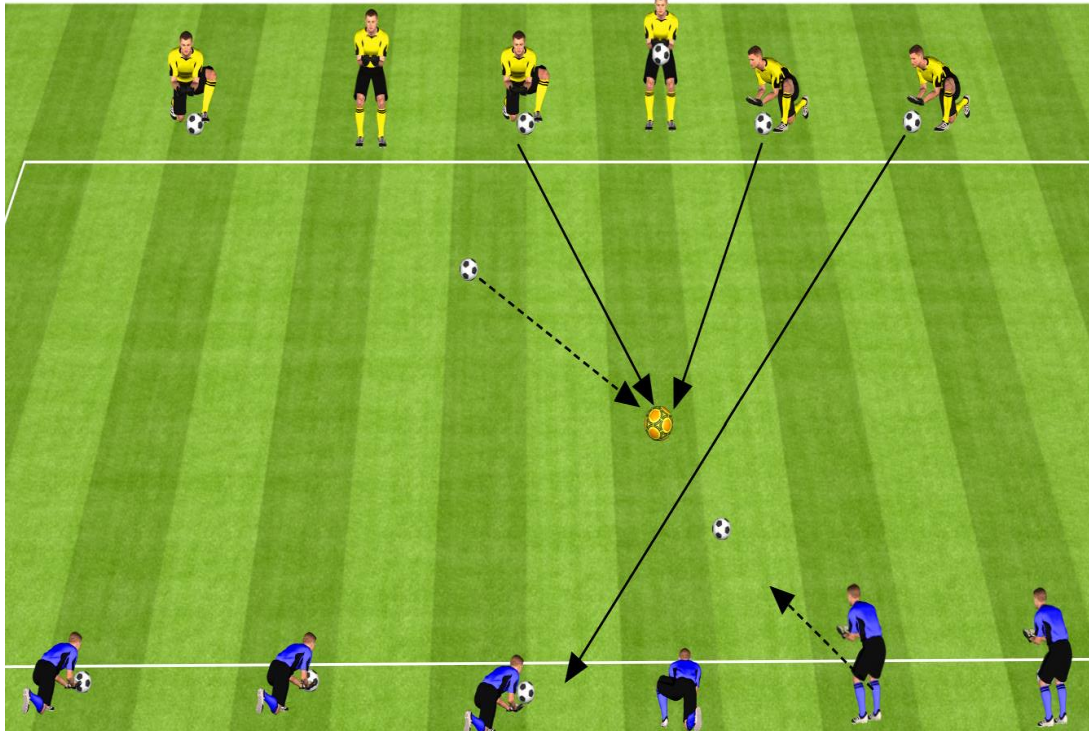


Target Accuracy

Practice Objective

- ⚽ This practice is a great small-sided soccer game that focuses on underarm roll in a fun situation.
- ⚽ This is a fun practice and the players will love it



Organisation:

- ⚽ 30 x 20 yards
- ⚽ Players have a ball each (or half of each team with a ball)

Instructions:

- ⚽ On coaches command they are to use the underarm technique to roll their ball towards the target ball.
- ⚽ Object of the game is to knock the target ball from the central zone, and over the oppositions line to score a point.

Coaching Points:

- ⚽ Non kicking foot facing target
- ⚽ Body low to ground
- ⚽ Head and body still, facing target
- ⚽ Simulate lawn bowls

Variations (C.H.A.N.G.E.I.T):

- ⚽ Smaller / bigger target ball
- ⚽ Smaller / bigger area size