Practice 3

RWTB in Channels & Shooting - 'The Canoe' 10 mins

Technical objective: Running with the ball, stopping the ball (control) and shooting.

Motor Skills Objective: Running, kicking and quickness of execution.

Description

In an area 20 yards x 20 yards, 2 goals are placed on the pitch connected by 2 'Rivers'. The players must run with the ball inside the river pretending to be in a canoe. Without going outside of the river, they must stop the ball and shoot in the goal.

After the shot, the player picks up the ball out of the goal and starts dribbling the ball along the other river towards the other goal.

Variations: 1) Shooting without stopping the ball. **2)** Set some obstacles to be avoided inside the rivers.

Coaching Points

1. Players need to keep the ball close to their feet, especially around the turns.
2. When shooting, the head should be over the ball and the non-striking foot should be placed next to the ball to maximise accuracy.

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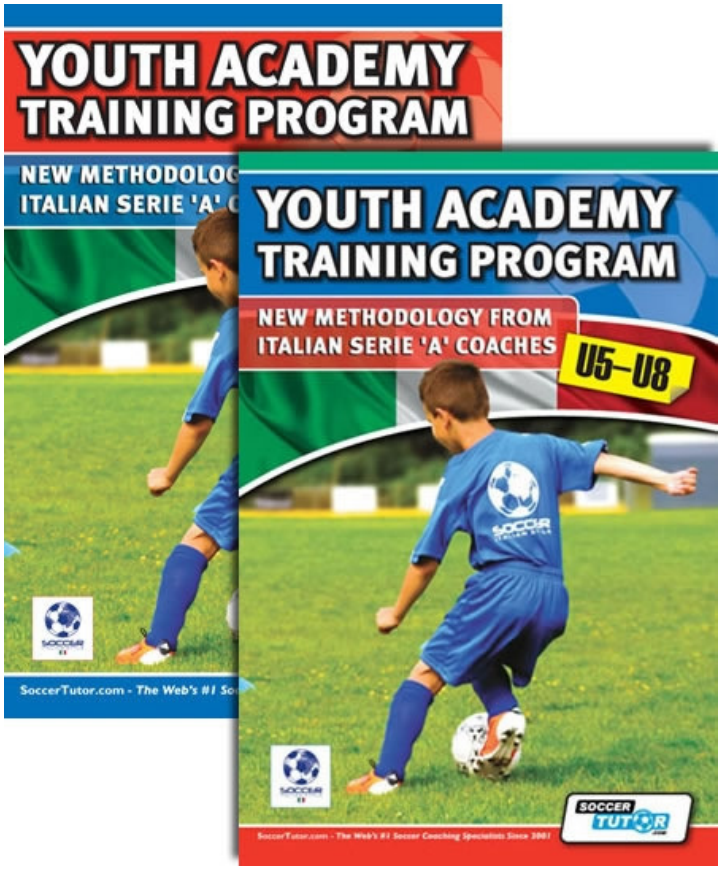

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