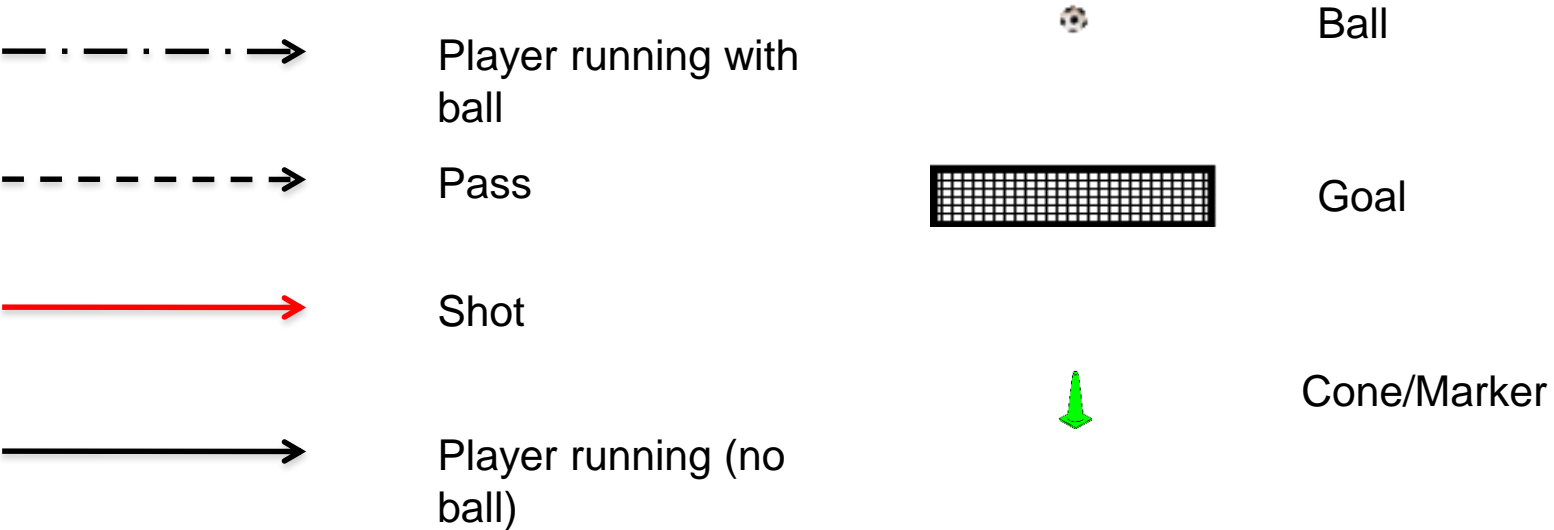




Diagram Key:



Basic Coerver and Shooting 2

Category: Dribbling/1v1, Ball Striking/Shooting

Practice Segment:

- Technical Repetition-No Pressure
- **Skills:**
- Dribbling/Footskills
- Shooting/Ball Striking

Players: Full Team

Time: 15-20 min

Basic Coerver and Shooting 2:

- Split players between start points
- Each player has a ball
- GK's are optional
- Players run with ball from start point, performing move at each marker
- After second marker, each player shoots
- After shot, players collect ball and move to start point on opposite side

Note: Markers are organized to produce a left footed shot at one side and a right footed shot on the other.

Focus:

- Correct execution of Coerver Technique with *both feet*
- Correct preparation of ball for shot
- Correct ball striking technique with *both feet*

