

19.

FITNESS

If you are looking to condition do the drill continuous and get a family member to roll your ball out. Each miss do 5 push ups.

Player starts 18 yards from goals and has a 1 vs 1 action with the defender, turns and comes back to take the defender on a second time shoot before the 18yard line.

Ball must hit the net on the full.

Record your score out of ten.

UNDER 10'S

Shoot from a 12 yard line (penalty spot).

12 yards

Put poles in the corner if you want to work on accuracy

No mannequin - improvise.
Use a jumper or box