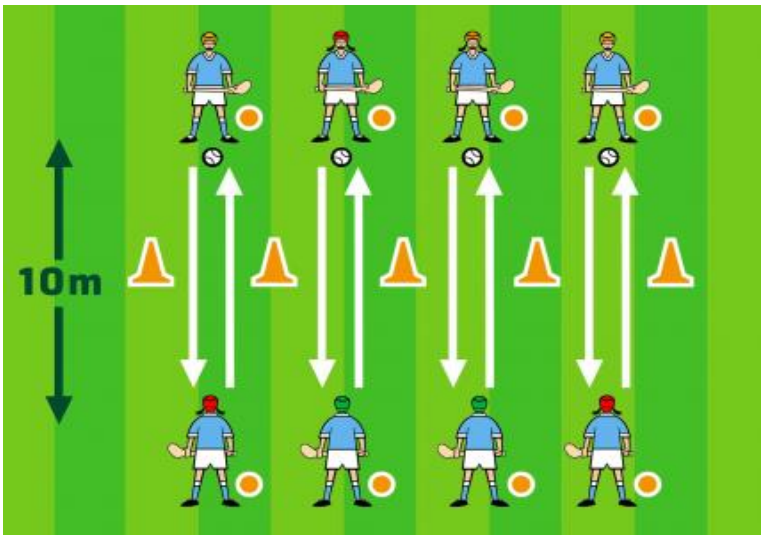
LEVEL 2

STRIKE ON THE GROUND - STRIKING IN PAIRS: ACCURACY



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This is an intermediate drill to practice the ground strike technique focussing on improving the players' accuracy

Organisation

- Divide the players into pairs 10m apart; one ball per pair
- Place two cones midway between both players
- Each player in turn strikes the ball through the cones to their partner who blocks it and strikes back
- Alternate striking using the dominant and non-dominant sides
- A score may be awarded for every successful strike between the cones

STEP Variation

Space - To increase the challenge: Reduce the distance between the middle cone

Equipment - As the players become more proficient, use a smaller ball, e.g. the Quick Touch ball

EQUIPMENT LIST

- Cones
- Markers
- Sliotar

Notes