



● Outside Player ● Middleman ● Ball

SKILL

Shooting Drill.

SET UP

Space players in a row 15 yards apart.

HOW TO

Players on the outside have a ball and the player in the middle is working as he alternates between the two outside players that work the ball into the middleman and the middleman returns the ball to the outside player.

ALTERATIONS

Two touch pass, one touch pass, foot volleys, thigh and chest volleys, head work for 40 seconds and switch middle player. Make sure checking for ball every time.