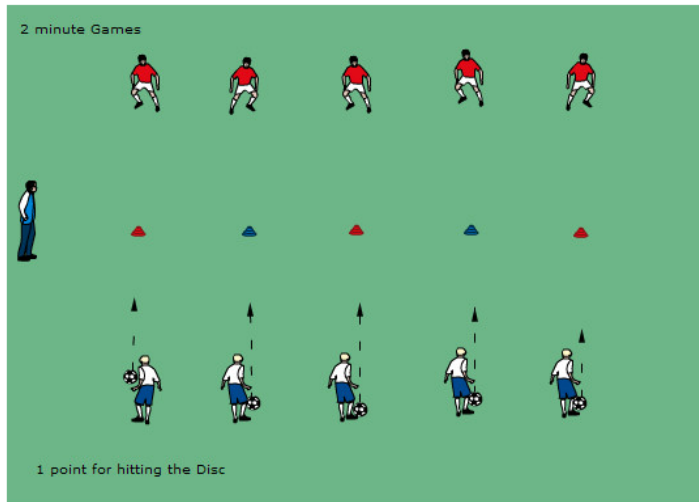


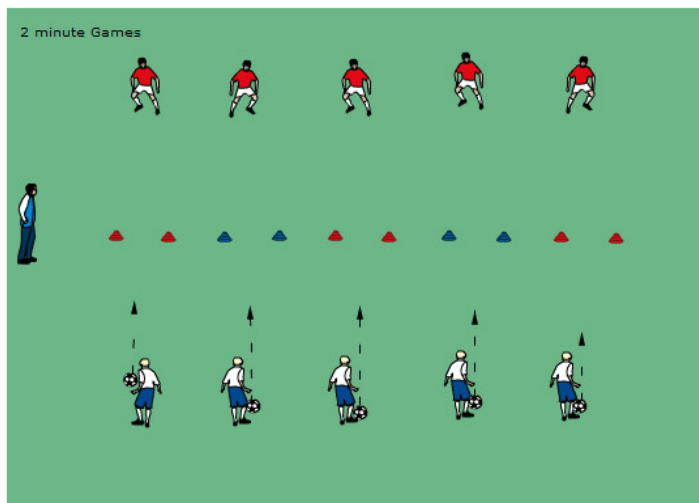
Inside the Foot: Hit the Disc



The Game: Players stand about 10 to 12 yards apart with a disc halfway between them. They try to pass the ball at the disc. They get a point every time they are successful. Play games for 2 minutes and then have the winners move toward the coach, the loser moves in the opposite direction.

Focus: Proper inside of the foot technique!

- Toe up ankle locked
- Placement foot facing your partner
- Strike through the center of the ball
- Use both feet!



Progress to:

Exercise: Same as above, but now players try to pass the ball through a 2 yard gate.

Rotation: Same as above.

Focus: Same as above.

If you enjoy this exercise Coach Donahue recommends:

Possible next Activity:

3v1 Knock the Ball of Disc

4v2 plus 2 Possession Box

Match Related Game/Exercise to Goal:

3v3 Passing through 4 Goals

4v2 becomes 4v6 Combined