

Warm up, hit the coach



Date:	27/Apr/2021	Measurement:	20 x 20
Time:	N/A:N/A	Players:	0
Duration:	N/A	Level:	

Objective:

Description: Each player with the ball, coach is the target and has to be hit by a kicked ball.

Coach can do all evasive manouvers.

play in intervals - 45s play. , 15s rest. repeat.

Coaching Points:

Progression: