



Sin Bin Shooting

Category: Technical: Shooting
Difficulty: Beginner

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Individual-Adult Member

Sin Bin Shooting

Coach rolls a ball out for a player to shoot with right foot. After shot coach rolls another ball out for player to shoot with their left.

If player makes a shot, they keep playing. If they miss both shots, they go into Sin Bin which is right next to the goal.

If a player makes both of their shots, then a player in the Sin Bin gets to come out.

The team that has all their players eliminated loses the round.

Progression:

After everyone gets a turn to shoot from both teams. If a player scores both of their shots and no one from their team is in the Sin Bin, then they win.

Coaching Points:

- Shooting Technique (Inside of foot for accuracy and laces for power)
- Plant foot next to foot
- Take a peak to see where GK is before shot
- Aim for area away from GK

