



Hit the Coach

Category: Technical: Shooting
Difficulty: Beginner

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Individual-Adult Member

Hit the Coach (10 mins)

20x20

Every player has a ball. The coach starts in the middle.

Play 1 minute rounds.

When the coach says "GO" all the players will try and shoot the ball at the coach.

Hitting the coach = 1 point.

Feel free to use more coaches if there are assistants. Some coaches can be worth more points.

During the breaks in between rounds is when coaching points should be made.

Coaching Points:

- A) Shooting Technique
- B) Take a Peak
- C) Accuracy

