32 EYE WORK

Purpose: Correct eye technique under pressure.

ORGANISATION
- 6 players per group.
- 1 marker, 5 kickers.
- Kicks occur in sequence up and down the line with minimum time between each kick (K).
- Marker handballs back to the kicker.
- Rotate markers after 20-30 marks.

COACHING POINTS
a. “Mark with your eyes.”
b. Watch the ball right into your hands, then look at it in there!