

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

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

