

# SESSION DETAILS

SHOOTING AND FINISHING SESSION 4

SCORING WITH A VOLLEY

OEPN GOAL VOLLEY SELF ASSISTED

COACH ASSISTED VOLLEY

LEFT AND RIGHT - INSIDE

LEFT AND RIGHT - LACES

HAND BALL BUT THE FINISH HAS TO BE A VOLLEY

# COACHING POINTS

What technique should we use?

Let the ball fall as low as possible.

Head and knee over the ball to keep the volley down.

Lock ankle, point toes down, use laces.

