

## Screen 1

Designate 2 players to serve the ball from the outside and have them do a prep touch. Players can do driven as well as floated balls into the box. Either team can score on any goal. First team to 5 goals wins.

Be sure to rotate players and not do for a long period of time to avoid injuries.

Players need to move and put themselves into position to do an attacking header, volley, or first time strike. Get in line of flight of ball as well as balance and arms out for protection.

