

# SMOTHERING

“Must want to do it!”

## SMOTHERING

- Footwork is important – get close to target
- Shoot from the hips
- Use same technique from all angles
- Eyes on ball at all times
- Hands close together and at 45 degrees
- From the front on position turn hips late to give protection of side of body
- Still focus on ball and hands must still be first contact point
- Early better than late

**(FOR JUNIORS – Start on 1 knee pushing ball up into hands, do not kick it)**

## DRILLS

1. Players in groups of 2.3 or 4. 1 player takes turns smothering all other players in his group. As secondary action have player smothering ball, return ball to kicker.
2. Approximately 7 or 8 players in circle. 1 player in middle takes turns smothering all players in circle on his own call. Incorporates front on smothering as well as side on.
3. Warm up – 2 players, one kicks and other smothers. Stand close to make sure contact is made.