

Goal Shooting Intensive Holiday Program

The aim of this program is to increase goal accuracy. It is intensive, but the 100 goals a day should only take about 30-60 minutes max.

After 2 x rounds of shooting 100 goals per day, if goal accuracy isn't improving, increase to shooting 200 goals per day.

Day	Daily goals	Tracking
1	100 goals	
2	100 goals	
3	100 goals	
4	TRACK	/10
5	100 goals	
6	100 goals	
7	100 goals	
8	TRACK	/10
IF ACCURACY HAS NOT IMPROVED, SHOOT 200 GOALS PER DAY		
9	100 goals	
10	100 goals	
11	100 goals	
12	TRACK	/10
13	100 goals	
14	100 goals	
15	100 goals	
16	TRACK	/10