



# Attacking (Shooting from Distance)

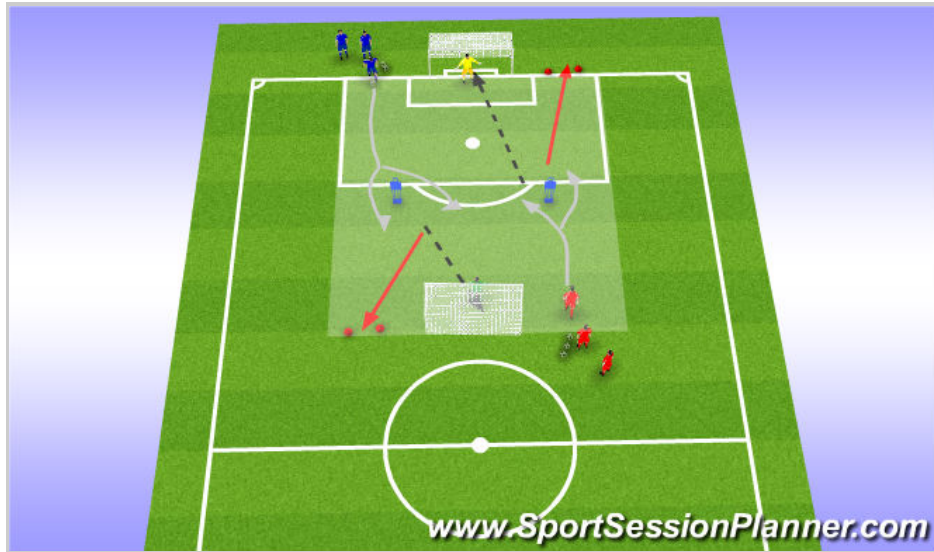
Category: Functional: Striker

Difficulty: Moderate

Allan Siwela



## Shooting with Cardio - 20 min (20 mins)



## Technical - 35 min (35 mins)



## Scrimmage - 25 min (25 mins)

