



Shooting drill #1

Category: Technical: Shooting

Difficulty: Moderate

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Shooting drill #1



Player passes the ball to the coach and runs around him. Coach passes the ball in front of the player. Player shoots on goal, picks up his ball and goes to the end of the line on other side.

Focus on:

Firm passing, Max sprint around the coach, Good shooting technique

Fun shooting exercise, the players love it, you can make a competition out of it to make it even more fun.