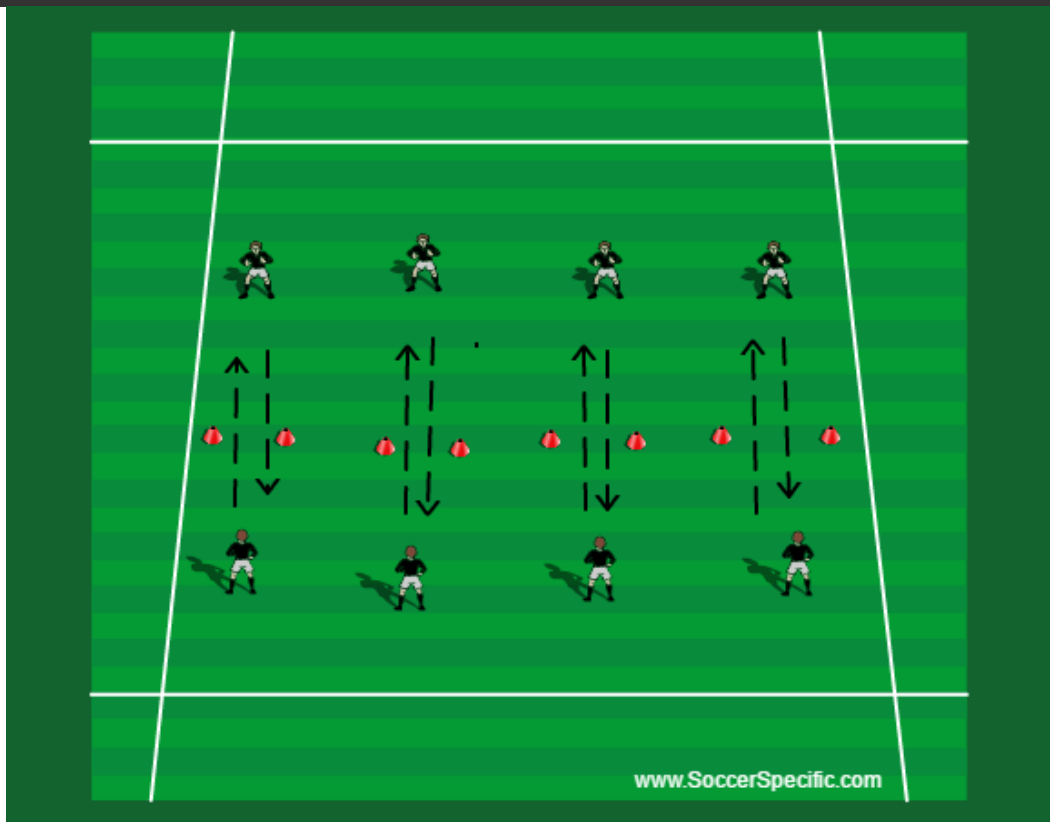




a Shooting & Finishing Warm Up



Setup

Divide players into Groups of 2
Set up cones 5 -7 yards apart

Instructions

In Pairs, players strike the ball back to each other through the two cones
Progressions: 1) Vary Distance apart, 2) One touch or two touch, 3) use opposite foot, 4) get plenty of reps.

Coaching Points

- 1) Head Down over the ball
- 2) Ankle lock with tow down
- 3) Planted foot next to the ball
- 4) striking the ball with the laces