



Shooting drill#2:

- The 1st player from group A runs with his ball between the red cones and then turns around to the penalty spot and shoots. Then, 1st player from group B goes next and so on.
- It is very important not to Stop during the process. The whole move has to be consistent (uninterrupted).
- The 1st player to score 5 or 10 pts wins. Goals scored on the sides (blue cones) equal 2pts.