



**Drill Name:** Shooting with Speed and Agility

**Set up :**

1 Goal and a Pile of balls

**Instructions:**

Dribble for Speed to the Cones, Control Through the Cones, Accelerate Away, Turn, Accelerate Away, Sell a move, Accelerate Away, Finish

**Coaching Points:**

See: Speed and Agility Cones, Turns, 1v1 Attack and Shooting