



Drill Name: Shooting Lines - Acad

Set up :

1 Goal and a Pile of balls

Instructions:

Play a Ball out, one touch to control, one touch to shoot, aim for the corners. Switch Lines

Coaching Points:

- a. Plant Foot –
 - i. Pointed in the direction you want the ball to go - Right next to the ball
 - ii. Distance from the ball - and angle of approach (if it's on your right, use your right)
- b. Lock your Ankle
- c. Head, Shoulders and Knee over the ball