





this session is focused on shooting technique. We need to come out of this session with our players improved on shooting.

Success can be measured by the ball moving at a good pace, staying low and being a yard or so within the target area.

Remember,

- 1) See target
- 2) Approach at angle
- 3) Head down, eyes on ball
- 4) Plant foot alongside ball, toes pointed at target.
- 5) Square hips up as you strike
- 6) Ankle locked
- 7) Toes of shooting foot pointed down
- 8) Strike mid point of ball
- 9) Follow through
- 10) Celebrate!!!!

Follow the session as close as possible. We have Staff Coaches on hand, ask for assistance if you feel you need it, we are there to help

Score goals, have fun,