

SHOOTING



- Keep your knee and head over the ball
- Toes pointed down and lock your ankle
- Non-kicking foot facing target beside the ball
- Hips/Torso square to the target – don't rotate
- Generate power from thigh – not calf
- Strike the center of the ball
- Strike through the ball
- Land on your shooting foot – follow through

DECIDE:

- Strike with Power or
- Place into a Corner

