

TECHNICAL

Head over the ball.
Eyes looking at ball.
Standing foot beside
the ball.

MENTAL

Pick a spot in the goal.
Focus on that and not
on the Goalkeeper.
You aim where you
look!!

SHOOTING

TECHNICAL

Improvise!
For a powerful shot
use the laces. For
precise shots use the
inside of the foot.

TECHNICAL/MENTAL

Practice shooting with
both feet. Don't be
afraid of missing the
target. You will only
improve if you practice.

MENTAL

Don't over think it!!
Shoot as soon as the
opportunity arises.
Be Confident!!