

Finishing Drill training

receive
the ball

one
touch
shot

firm pass into
KicPocket

from the back cone, pass the ball firmly into the KicPocket. meet the ball at the second cone and perform a one touch shot. receive the ball from the KicPocket and dribble slowly back to the first cone and repeat the drill. remember to work on both feet.

IMPROVE your passing accuracy and shot power/consistency by doing this a few times a week.

