

# Shoot Finish

7 Cones, 6 Balls

**OBJECTIVE:** Shoot 6 balls between either pairs of cones in 30 seconds.

## Rules

1. Start with balls behind 1st two cones.
2. Shoot 3 balls with Right foot & 3 with Left foot.
3. Shoot balls while rolling & behind 1st cone.
4. Ball must pass through target within 1 yard of ground.

## Exceptions

1. U6: Balls placed a few feet behind cone 6 yds from goal.

