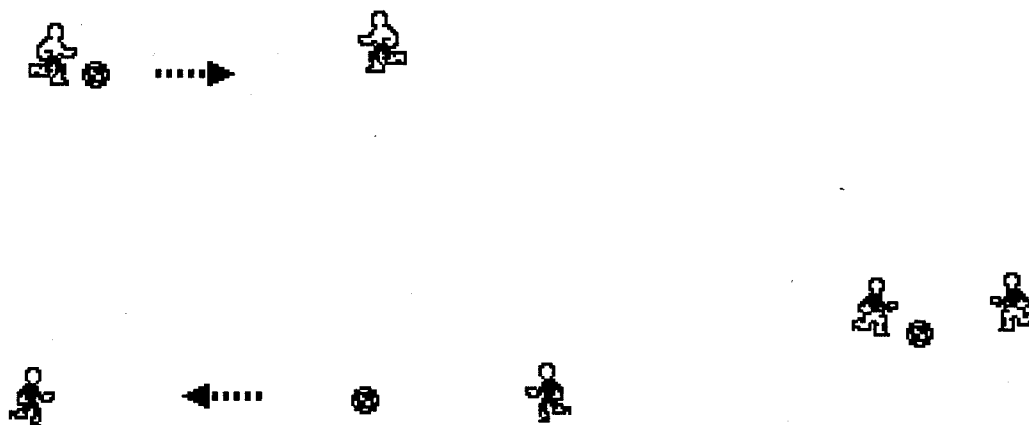


STRIKE OUT



STRIKE OUT SHOOTING

One ball for two players. Players start five yards apart. Every step back after kicking gradually increases the distance between the players to 20 yards. When the receiving player cannot get to the ball in two steps, both players start again at five yard apart.

COACHING POINTS:

1. Players contact ball on their laces.
2. Eyes should be on the ball.
3. Non-kicking foot should be pointed at target player.
4. Ball should stay on the ground.
5. As distance increases, players must kick the ball harder.