

# Things to Practice at home

## Driven Ball: [Video](#)

1. Open hips
2. Heel to butt
3. Snap down into the ball
4. Step through it

## Shooting from Distance: [Video](#) (not his free kicks)

1. Toe pointed down to outside of ball
2. Knee over top of ball
3. Land on shooting foot
4. 70-85% power

## Short Pass:

1. Ankle Locked
2. Toe pointed slightly up
3. Hit the center of the ball

When you are passing, pass it as hard as you can accurately while keeping the ball on the ground!

## Dribbling and Ball Control: [Video](#)

- Dribble one-footed to next cone
- At each cone, do some type of skill to change direction and to change pace
- It is important to get control first and then speed up

- For a fitness component, make the cones farther apart. Make sure the moves are explosive!

**PRACTICE THIS ON YOUR OWN AS MUCH AS POSSIBLE!**

