



User Information

member name:  
member type:  
member level:

Date:

club name:  
position played:  
country:

Shooting - Straight	
<p style="text-align: center; color: blue;">Measurement/Organization</p>	<p style="text-align: center; color: blue;">Number Of Players</p> <p style="text-align: center;">  1 Player(s)                        1 STR(s)                        0 Server(s)                 </p> <hr/> <p style="text-align: center; color: blue;">Equipment</p> <p style="text-align: center;">  x 4                        x 0                        x 5   x 1                        x 1                        x 1                 </p> <hr/> <p style="text-align: center; color: blue;">Objective</p> <p>To shoot 5 balls into the 0 second target zones in the quickest time.</p> <hr/> <p style="text-align: center; color: blue;">Rules</p> <ol style="list-style-type: none"> <li>1. The start position is behind the red cone.</li> <li>2. The player cannot start until the Skill Tester Referee (STR) calls go!</li> <li>3. Each of the 5 balls must be shot with 1 touch from where they are positioned.</li> <li>4. If the ball hits the post or cross bar and enters the 0 second target zone, there is no penalty.</li> <li>5. A 5 second penalty is added to the final time if the ball enters the middle zone of the goal.</li> <li>6. A 5 second penalty is added to the final time if the ball hits the post or cross bar and does not enter the 0 second target zone.</li> <li>7. A 10 second penalty is added to the final time if the ball misses the goal completely.</li> <li>8. The STR stops the clock when the player touches the red finish cone.</li> <li>9. Record time.</li> </ol>
<p style="text-align: center; color: blue;">Rules</p>	<p style="text-align: center; color: blue;">Tips</p> <ol style="list-style-type: none"> <li>1. For power and accuracy, strike the ball with your laces.</li> <li>2. Lean your head and knee over the ball and lock your ankle as you follow through the ball.</li> <li>3. To bend the ball towards a corner of the goal, strike the outside of the ball.</li> <li>4. For both techniques arms should be out to provide balance.</li> </ol> <p>For coaching points and tips see The laces Shot and The Inswing Shot animation and video demonstrations.</p> <hr/> <p style="text-align: center; color: green; font-weight: bold;">RECORD TIME</p> <p style="text-align: center;">             TIME BEFORE PENALTIES    +    PENALTY SECONDS    =    FINAL TIME  <input style="width: 60px; height: 30px; border: 1px solid gray;" type="text"/>    +    <input style="width: 60px; height: 30px; border: 1px solid red;" type="text"/>    =    <input style="width: 60px; height: 30px; border: 1px solid blue;" type="text"/> </p>