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FOR HEALTHY LIVING  
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## Soccer Shooting Drill!

In the game of soccer the object is to score more points your opponent and you do this by shooting the soccer ball passed the keeper and into the goal! Practice your shooting skills with the activity below:

<https://ymca360.org/on-demand/category/17/videos/55>

For some extra fun: Create your own victory dance! Scoring a goal in soccer is a big accomplishment and many professionals will celebrate their goal with a dance. Watch the video below for some inspiration:

<https://www.youtube.com/watch?v=fgXSFPoOPvI>

