

SHOOTING TRAINING DICE

TRAIN • COMPETE • IMPROVE



ROLL.
TRAIN.
REPEAT

READY TO TRAIN!!!

Roll the dice and let the challenge begin! Each roll gives you a new soccer exercise to help improve your control, accuracy, power, and finishing.

Keep practicing, follow the training tips, and record your progress. Consistent training will make you a stronger, smarter, and more confident player.

It won't always be easy, but if you keep showing up and training with your **Junaizo Box** every day, you'll become a skilled player to play at any position



READY TO TRAIN YOUR SHOTS? FOLLOW THESE SIMPLE STEPS:

- 1



Grab a soccer ball and set up a goal.
- 2



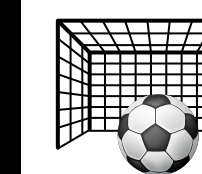
Roll the orange Shooting Dice and the yellow Target Dice.
- 3



The shooting dice tells you how to take your shot (right foot, left foot, volley, power shot, etc.)
- 4

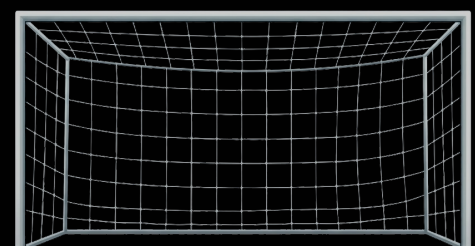


The target dice tells you where to aim (top left, center, bottom right, and more)
- 5



Take the shot, then roll again for your next challenge

 Track your progress after each session and challenge yourself to improve with every roll.

 **DON'T HAVE A GOAL?**
Head outside and find a wall-use stickers or chalk to mark out a goal.

10-MINUTE DAILY CHALLENGE

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WARM UP (2 min)

 - Light dribbling
 - Dynamic stretches
- 

ACCURACY (2 min)

 - Practice Side Foot Shots
 - Aim using the Target Dice
- 

POWER (3 min)

 - Practice Instep (Laces) Shots
 - Focus on technique and control
- 

DICE CHALLENGE (2 min)

 - Roll both dice
 - Complete 5 random shooting challenges
 - Track your score and beat your best!

**TRAIN WITH PURPOSE.
CHALLENGE YOURSELF.
IMPROVE EVERY DAY.**

The more you practice, the more confident and consistent you'll become on the field.



AIM FOR ACCURACY
BEFORE POWER.



KEEP YOUR HEAD OVER
THE BALL.



LOCK YOUR ANKLE FOR
A CLEAN STRIKE.



FOLLOW THROUGH
TOWARD YOUR TARGET.



PRACTICE WITH BOTH
FEET.



TRAIN CONSISTENTLY—
EVERY SESSION COUNTS

1 SIDE FOOT SHOT

Master Accuracy & Control

The Side Foot Shot is the go-to technique when accuracy matters most. It's perfect for placing the ball into the corners of the goal, finishing one-on-one chances, or taking penalties with confidence.



Best Used For

- Bottom Left & Bottom Right Corners
- Center Placement
- Penalties
- Controlled Finishes

Pro Tips

- Use the inside of your foot for better control.
- Keep your ankle locked when making contact.
- Stay balanced throughout the shot.
- Focus on placement before power.

How to Perform the Shot

- Pick Your Target**
Pick the corner you want the ball to curl into before you shoot.
- Approach the Ball**
Take a slight diagonal run-up to create a comfortable shooting angle.
- Plant Your Foot**
Place your non-kicking foot beside the ball, pointing toward your target.
- Strike the Ball**
Use the inside of your foot to strike the center of the ball for maximum control.
- Follow Through**
Keep your head over the ball and follow through toward your target to improve accuracy.

Challenge Yourself

Ready for the next level? Start by shooting from a stationary ball. Once you're comfortable, increase the difficulty by:

- Use the inside of your foot for better control.
- Keep your ankle locked when making contact.
- Stay balanced throughout the shot.
- Focus on placement before power.



4 VOLLEY & HALF VOLLEY

Master Timing & Technique

Volleys and half volleys require excellent timing and coordination. When executed correctly, they produce quick, powerful shots that give goalkeepers very little time to react.

What's the Difference?



Volley

Strike the ball before it touches the ground.



Half Volley

Strike the ball immediately after its first bounce.

Best Used For

- First-Time Finishes
- Crosses Into the Box
- Quick Scoring Opportunities
- Powerful Attacking Shot

How to Perform the Shot

- Set Up the Ball**
Toss the ball into the air or have a teammate pass or cross it to you.
- Watch the Ball**
Keep your eyes on the ball from start to finish and judge its height and timing.
- Strike with Your Laces**
Lock your ankle and hit the ball cleanly using the laces of your foot.
- Stay Balanced**
Keep your head over the ball to produce a controlled, driven shot.
- Follow Through**
Finish your movement toward the target while maintaining your balance.

Pro Tips

- Keep your eyes on the ball until contact.
- Lock your ankle for a clean strike.
- Focus on timing before power.
- Stay balanced throughout the shot.

Challenge Yourself

Ready for a bigger challenge?

- Practice volleys from different heights.
- Try half volleys after one bounce.
- Receive crosses from a teammate and finish first time.
- Alternate between your dominant and weaker foot.



Great volleys aren't about hitting the ball as hard as possible—they're about perfect timing, clean contact, and confidence. Keep practicing, and you'll become more consistent with every session.

2 INSTEP SHOT

Master Power & Distance

The **Instep (Laces) Shot** is your go-to technique for generating maximum power. It's ideal for long-range strikes, powerful finishes, and free kicks when you want to beat the goalkeeper with speed and force.



Best Used For

- Long-Range Shots
- Powerful Finishes
- Top Corner Shots
- Free Kicks

Pro Tips

- Strike the ball with the laces for maximum power.
- Lock your ankle to create a strong, clean contact.
- Keep your eyes on the ball until after impact.
- Focus on technique before adding more power.

How to Perform the Shot

- Choose Your Target**
Pick where you want the ball to go before your run-up.
- Approach the Ball**
Take a controlled run-up of about **4–5 steps**, approaching the ball at a slight angle.
- Plant Your Foot**
Place your non-kicking foot beside the ball, pointing toward your target.
- Strike the Ball**
Point your toes down, lock your ankle, and strike the **center of the ball** with the laces (the top of your foot).
- Follow Through**
Keep your head over the ball for a powerful, low shot. Lean back slightly if you're aiming for the top corners.

Challenge Yourself

Ready to take your shot to the next level? Start with a stationary ball, then increase the difficulty by:

- Shooting after dribbling the ball.
- Striking a moving ball after a pass.
- Taking shots from longer distances.
- Challenging yourself to hit the top corners consistently.



Power comes from good technique, not just strength. Keep practicing, build your confidence, and watch your shots become faster, stronger, and more accurate.

5 COMMON SHOOTING MISTAKES

Leaning Back

Causes the ball to fly over the goal.



Keep your chest over the ball.

Looking Up Too Early

Leads to poor contact.



Keep your eyes on the ball until you strike it.

Loose Ankle

Reduces power and accuracy.



Lock your ankle before contact.

Poor Foot Placement

Affects balance and control.



Plant your non kicking foot beside the ball.

Choosing Power Over Accuracy

Hard shots often miss.



Focus on placement first, then build power.



3 CURLING SHOT

Master Precision & Bend

The **Curling Shot** allows you to bend the ball around defenders and place it beyond the goalkeeper's reach. It's a great technique for aiming at the far post and creating spectacular finishes.



Best Used For

- Far Corner Finishes
- Shooting Around Defenders
- Free Kicks
- Placing the Ball Beyond the Goalkeeper

Pro Tips

- Strike the ball slightly off-center to create spin.
- Keep your ankle locked for clean contact.
- Focus on smooth technique rather than power.
- Practice aiming for the far post to improve your accuracy.

How to Perform the Shot

- Choose Your Target**
Pick the corner you want the ball to curl into before you shoot.
- Approach the Ball**
Take a slight diagonal run-up to create the right angle.
- Strike the Ball**
Use the front inside part of your foot to strike **just below the center of the ball and slightly to one side**. This creates the spin needed for the ball to curl.
- Strike the Ball**
Point your toes down, lock your ankle, and strike the **center of the ball** with the laces (the top of your foot).
- Follow Through**
Lock your ankle and follow through toward your target to maintain control and accuracy.

Challenge Yourself

Once you've mastered a stationary ball, increase the difficulty by:

- Curling shots after dribbling.
- Receiving a pass and shooting first time.
- Shooting around cones or defenders.
- Practicing from different angles and distances.



The more you practice your technique, the more control you'll have over where the ball finishes.

6 PRO TRAINING TIPS



AIM FOR ACCURACY BEFORE POWER.



KEEP YOUR HEAD OVER THE BALL.



LOCK YOUR ANKLE FOR A CLEAN STRIKE



FOLLOW THROUGH TOWARD YOUR TARGET.



PRACTICE WITH BOTH FEET.



TRAIN CONSISTENTLY—EVERY SESSION

