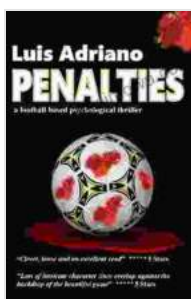


Penalties Luis Adriano: The Ultimate Guide to Penalty Taking

Luis Adriano, one of the greatest penalty takers of all time, shares his secrets in this comprehensive guide. Learn how to choose the right spot, how to approach the ball, and how to put it away with power and precision.



PENALTIES by Luis Adriano

★★★★☆ 4.6 out of 5

Language	: English
File size	: 1000 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 372 pages
Lending	: Enabled
Paperback	: 105 pages
Item Weight	: 7.4 ounces
Dimensions	: 6 x 0.25 x 9 inches
X-Ray for textbooks	: Enabled



Choosing the Right Spot

The first step to taking a successful penalty is choosing the right spot. Adriano recommends aiming for the bottom corners of the goal, as this is the hardest area for the goalkeeper to reach. He also suggests placing the ball slightly to one side of the goalkeeper, as this will make it more difficult for them to guess which way you are going.



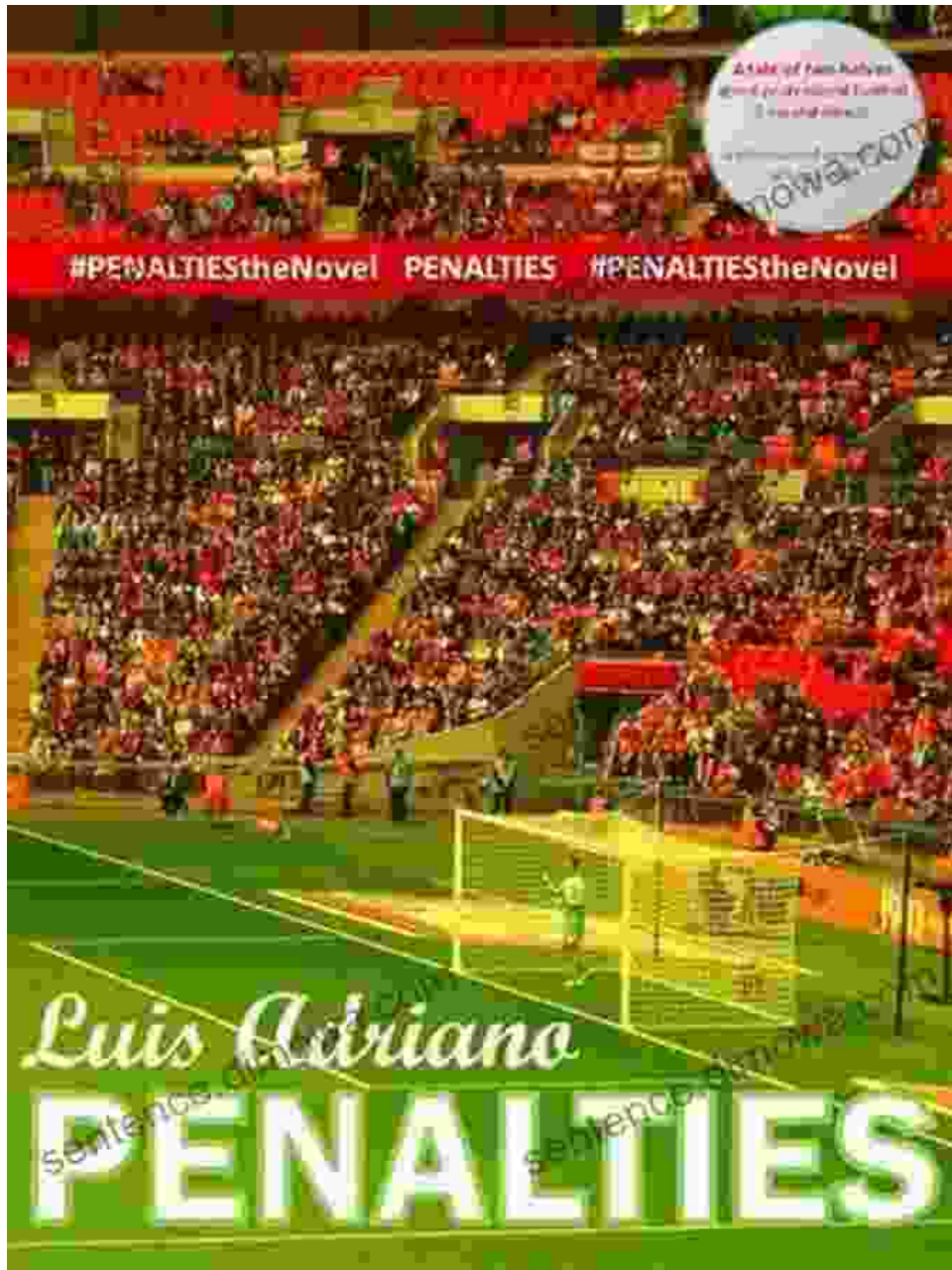
Approaching the Ball

Once you have chosen your spot, it is important to approach the ball with confidence. Adriano takes a few deep breaths and then focuses on the ball, visualizing it going into the net. He also makes sure to keep his head down and his eyes on the ball, as this will help him to maintain his balance and accuracy.



Putting It Away

The final step is to put the ball away with power and precision. Adriano uses a short, sharp run-up and then strikes the ball with the inside of his foot. He aims to hit the ball low and hard, so that it is difficult for the goalkeeper to save. He also makes sure to follow through with his shot, as this will help to give the ball extra power.



Practice Makes Perfect

As with any skill, practice is key to becoming a successful penalty taker. Adriano recommends practicing your penalties regularly, both in training and in matches. The more you practice, the more confident and accurate you will become.

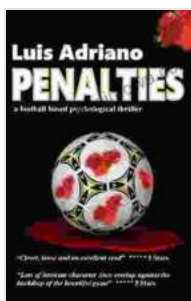
Here are a few tips for practicing your penalties:

- Start by practicing from close range, and then gradually increase the distance.
- Try to vary the placement of your shots, so that you can become comfortable shooting to both sides of the goal.
- Practice in different conditions, such as on wet or windy days.
- Get feedback from a coach or teammate, so that you can improve your technique.

Penalties are a vital part of football, and they can be the difference between winning and losing. By following the tips in this guide, you can learn how to become a successful penalty taker and help your team to achieve success.

Free Download your copy of Penalties Luis Adriano today and start taking your penalty taking to the next level!

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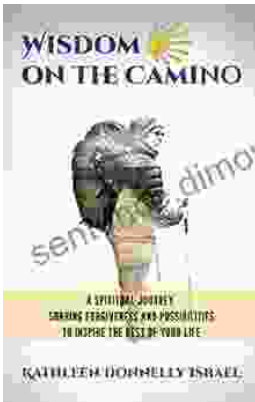
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