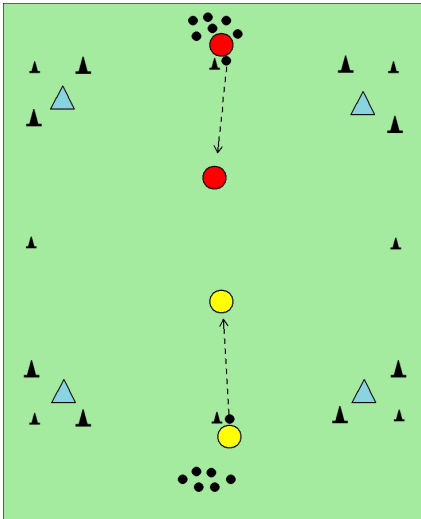




Two goal shootout

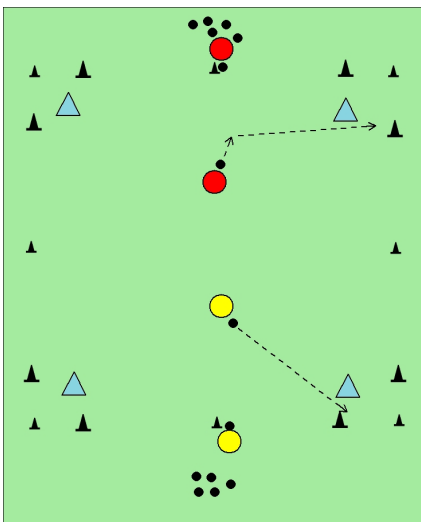


How it works

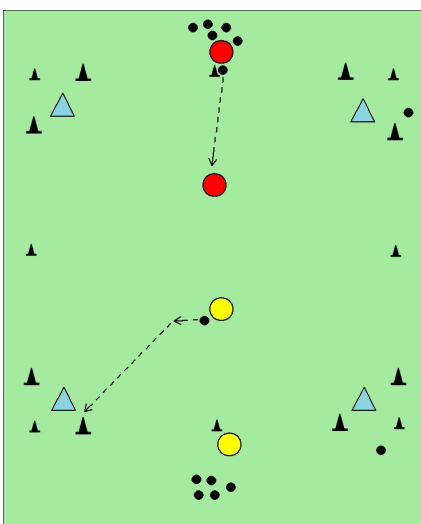
This drill uses the same layout as the four goal shootout game but the playing area is split into two practise zones at each side of the square.

In their own time players at the side pass the ball to the players inside the playing area.

Both goalkeepers need to be ready for a shot at their goal.



The players receiving the ball are allowed one touch, if needed, and must shoot at either of the two goals.



Players then get ready to receive another pass to take a shot at either goal again. Repeat until the supply of balls has run out.

Collect the balls and then the two red and yellow players swap roles to repeat the practise.

Red and yellow players can compete against each other to score the most goals and/or the goalkeepers compete against each other to keep a clean sheet or concede the fewest number of goals.

Possible changes

Vary the passes into the playing area to include feeds in the air for first time volleys or headers.

The two players inside the playing area change places quickly after each shot to receive a pass from the player on the other side of the square.