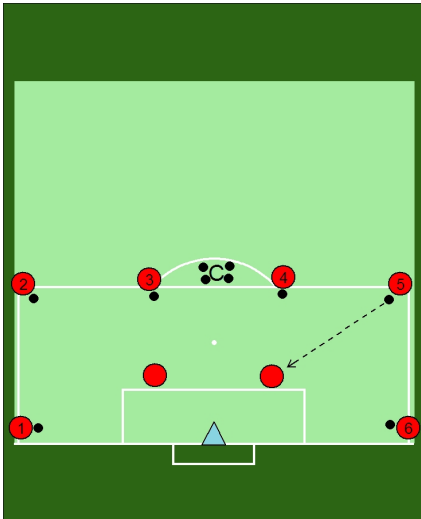




Penalty area - shooting

Fast finishing



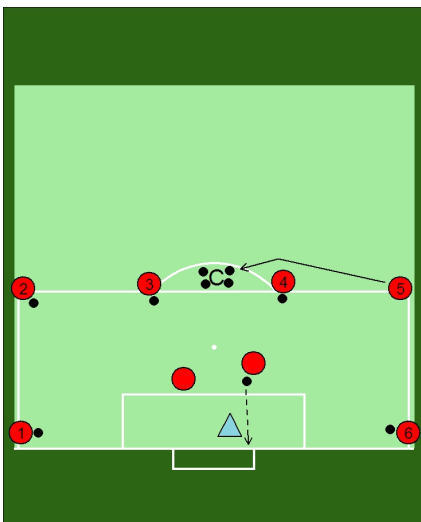
How it works

Red players 1 - 6 stand around the edge of the penalty area with a ball at their feet.

Two red stand inside the penalty area with a neutral goalkeeper.

The coach shouts a number and that player passes the ball in quickly to either red player inside the penalty area.

In this diagram Player 5 has been called by the coach.

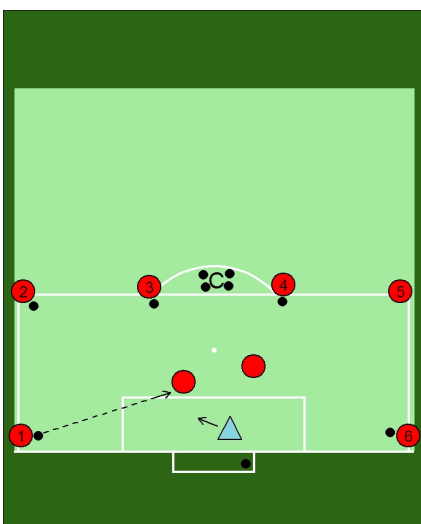


The player has let the ball come across their body and shot towards the near post to score.

As soon as the shot is taken the coach shouts another number and that ball is passed in to either player.

They have to respond quickly and be ready to turn and receive a ball from a different direction.

Player 5 could run round to get another ball in case the number is called again.



This time the coach has called a different number and the ball has been passed in for a shot to be taken. The coach could also play a surprise pass to one of the red players instead of calling a number.

Red players inside the penalty area are allowed a controlling touch if they wish but must then shoot with their next touch.

Players can then change roles and they must try and beat the goal tally or shots on target from the previous pair.

Possible changes

Add a yellow player as a passive or active defender and encourage first time shots on goal by the two red players.

Red Players around the edge of the penalty area can pick up the ball and throw it in the air to encourage volleys or headers.