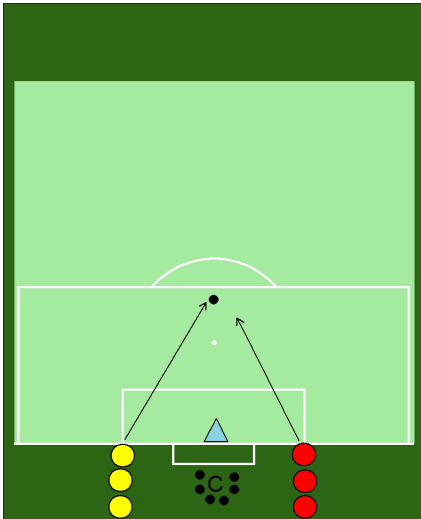




## Penalty area - shooting

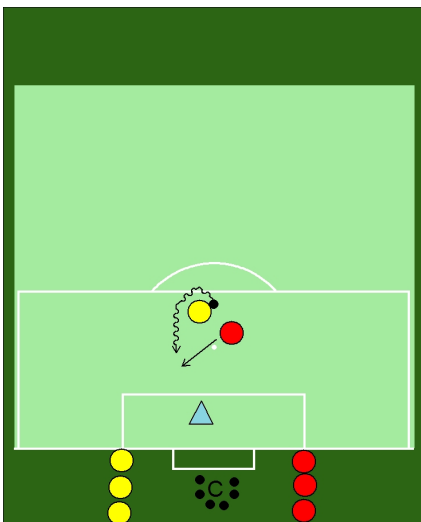
### Compete to score 2



#### How it works

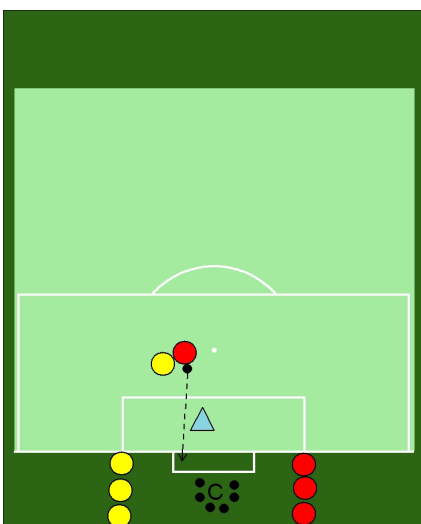
Two teams line up on the goal line at the edge of the six yard area.

The coach throws a ball over the goal and the first player from each team runs out to compete for the ball.



In this diagram the yellow player has got to the ball first so they become the attacker. They must try and turn and get a shot on goal.

The red player must try to stop the yellow player from shooting and if possible win the ball in a tackle.



If this happens the red player becomes the attacker and the yellow player tries to defend.

Allow 20/30 seconds for one of the players to get a shot on goal or score. The coach then throws out another ball for the next player from each team. Keep a running total of the team scores. The coach can favour one of the players with the throw if they have not got to the ball first after a couple of rounds.

#### Possible changes

As with 'Compete to Score' the players could be asked to start in different positions. The coach could also be the goalkeeper.

The players in each team could also be given a number. The coach then calls the number(s) of one or more players to run out and compete to score.