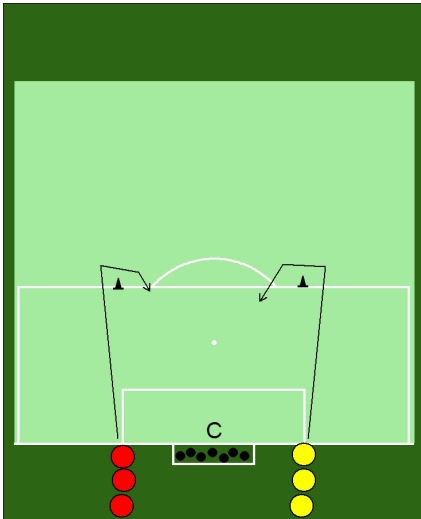




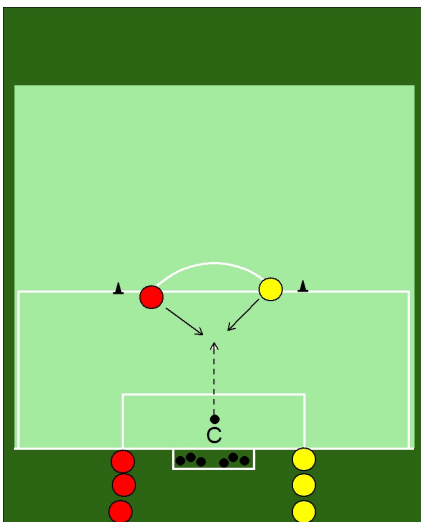
Compete to score 3



How it works

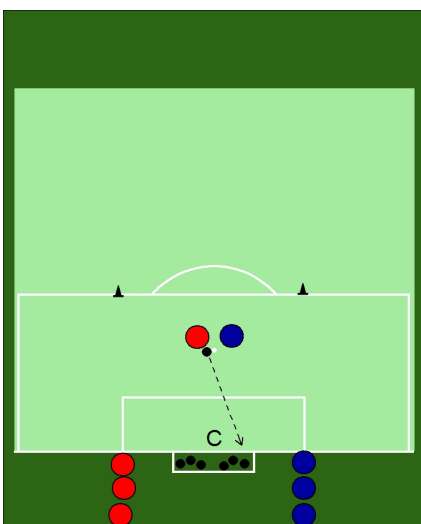
Two teams line up on the goal line at the edge of the six yard area.

On a signal from the coach, the first player in each teams runs out to go around the cone and turn back towards the goal.



As the two players round the cone the coach rolls a ball out into the middle of the penalty area.

The two players compete to get to the ball first.



If the coach makes a save and the ball rebounds back into play then the game continues until a goal is scored or the ball goes out of the playing area. The coach then gives another signal for the next player from each team to go. 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. Keep a running total of the team scores but swap the teams to the opposite sides of the goal to make it fair.

Possible changes

The coach can vary the feed, such as a bouncing ball or a high throw.

Players can start in different positions as with the other 'Compete to score' drills.

The two teams can start in different places, such as the corners of the penalty area.