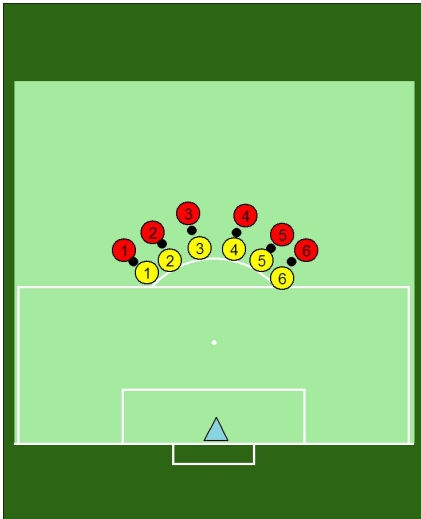




## Penalty area - shooting

### Quickfire

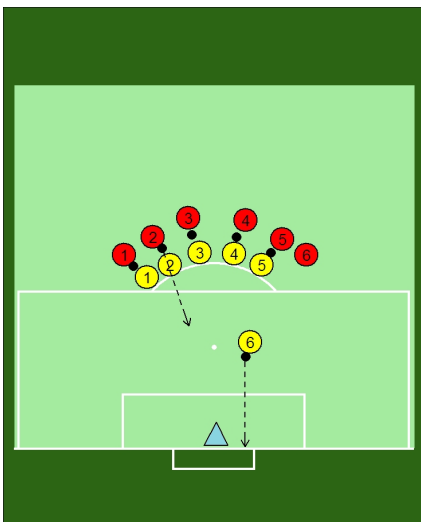


#### How it works

Numbered pairs of players stand on the edge of the penalty area D, both facing towards the goal.

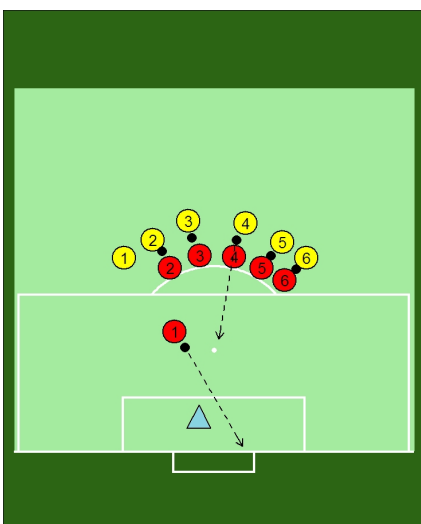
If you've got an odd number of players then use one of them as a goalkeeper but if you've got an even number then the coach could go in goal.

The red players have a ball at their feet and the yellow players stand with their legs open.



When their number is called by the coach, the red player passes the ball between the yellow player's legs for them to run on to and take a shot on goal.

As soon as the shot has been taken the coach then calls another number for that pair to do the same.



Quickly go through each pair and then reverse roles.

Pairs and/or teams can compete against each other with the number of goals scored in a certain number of rounds.

#### Possible changes

Younger players can roll the ball between their partner's legs.

Yellow players face away from the goal to turn and shoot.

Red players throw the ball over the yellow player's heads for them to run on to and strike on the volley/half-volley.

The coach shouts two numbers. The first number receives a pass through the legs to shoot whilst the second number tries to pressure or even make a tackle.