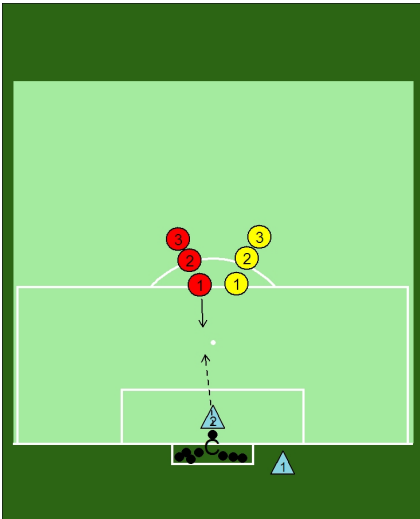




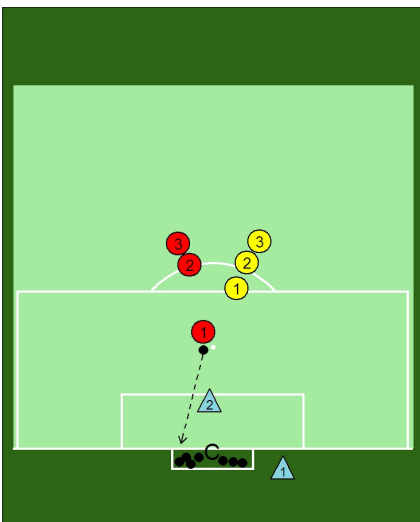
Hit the target



How it works

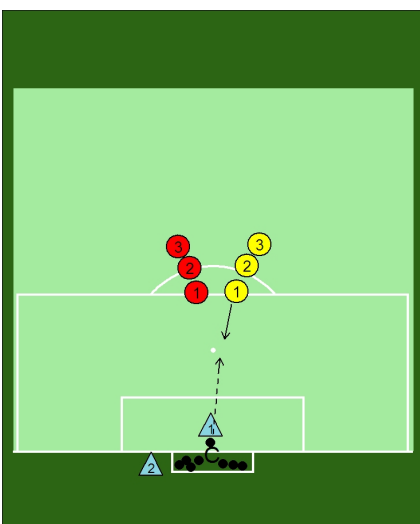
The coach stands behind a goalkeeper with a good supply of balls in the goal.

At any time the coach can roll or kick the ball between the goalkeeper's legs. Red Player 1 makes a move towards the ball.



Red Player 1 can take a controlling touch if desired. The player must then attempt to score by shooting or dribbling around the goalkeeper.

Red Player 1 then goes to the back of the line and the drill is repeated for Red Players 2 and 3.



The goalkeepers then swap over and the drill is repeated for all the yellow players.

The two teams compete against each other to score the most goals, or the goalkeepers compete to see who can prevent the most goals, over several rounds.

Possible changes

Goalkeepers face the coach and have to turn after the ball has been rolled between their legs. The goalkeepers could also start kneeling or lying down, standing outside a post or in any other position you want as the coach rolls a ball into play.

Players must shoot directly on goal with their first touch.