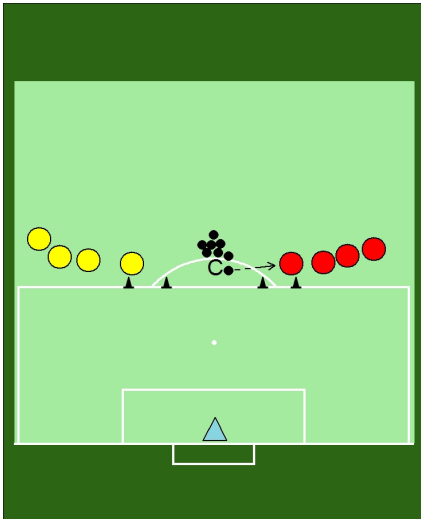




Penalty area - shooting

First touch to shoot

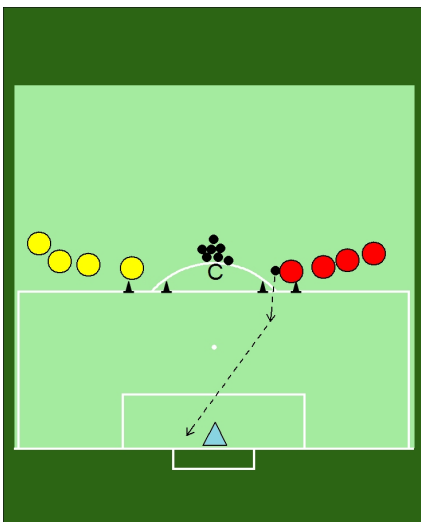


How it works

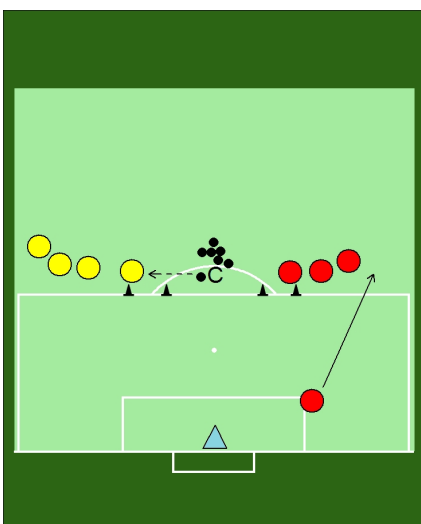
Two lines of players stand either side of the coach at the edge of the penalty area.

The first red player stands facing the coach and side-on to the goal.

The coach passes the ball into the feet of the red player.



The red player controls the ball with their right foot, through the cone gate and into the penalty area where they take a shot on goal.



The coach then turns and plays a ball into the feet of the yellow player, who takes it on their left foot through the cone gate and shoot on goal.

Swap players to the other side after a few rounds and you can make it more competitive by keeping scores.

Possible changes

One touch through the cone gate and first time shot only.

When the red player enters the penalty area to shoot, have the first yellow player follow in to take advantage of any rebounds.

Do the same but have the yellow player acting as a defender to add extra pressure.

The coach feeds the ball in the air for the player to control first or for their controlling touch to take them through the cone gate.