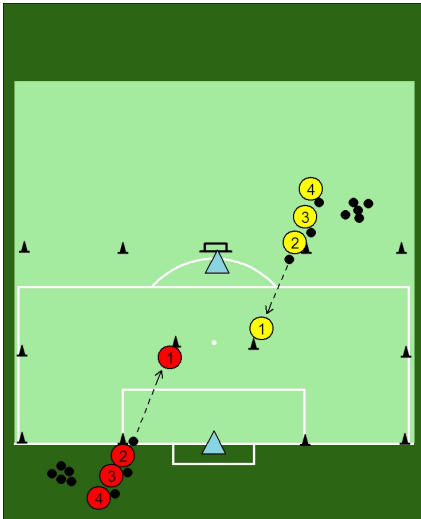




Penalty area - shooting

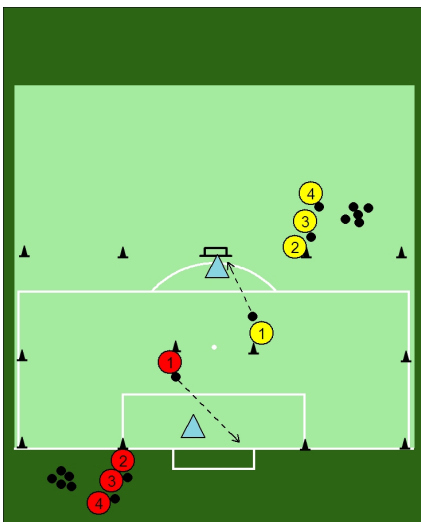
Shootout



How it works

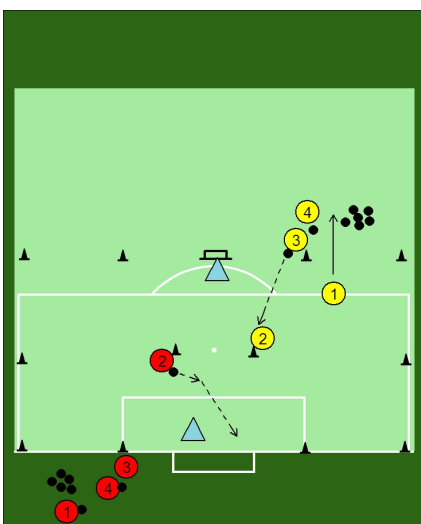
Each player in the line has a ball with a supply of spare balls close by to keep the drill flowing.

On a signal from the coach, both Player 2s pass the ball into the feet of Player 1s.



Player 1 controls the ball and shoots at goal.

After taking their shot Player 1 runs to the back of their line and Player 2 runs out to the cone between the goals.



Player 3 then passes a ball for Player 2 to control and shoot at goal.

Teams can compete against each other by being the first to score 5/10 goals or by scoring the most goals in a set period of time.

Possible changes

Teams can move to the other side of the goal for another round.

Players run to the opposite line as soon as they have taken their shot and players just keep rotating in this way. Challenge the whole group to then score a set number of goals within a certain time limit.

Restrict players to one controlling touch or to shoot first time.