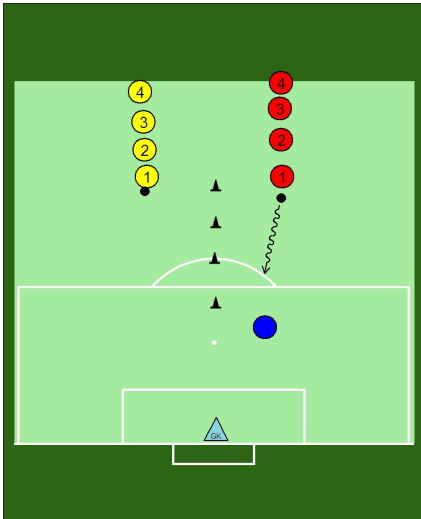




## Half pitch - shooting

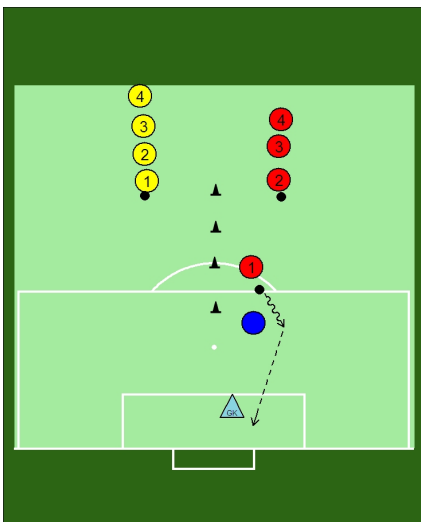
### Countdown



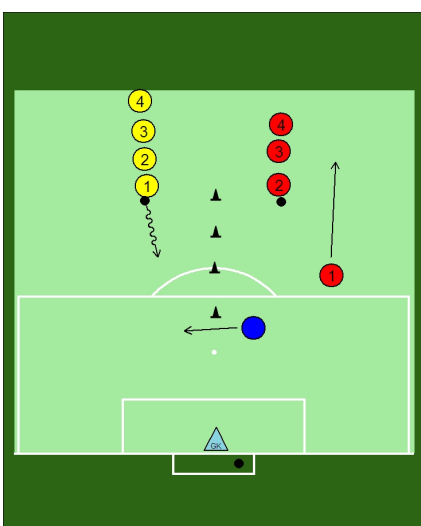
#### How it works

On a signal from the Coach, Red Player 1 dribbles towards the goal.

Other players start the Countdown by calling out the numbers from 10 down to 0.



Red Player 1 has until the Countdown reaches 0 to score or at least make an attempt on goal.



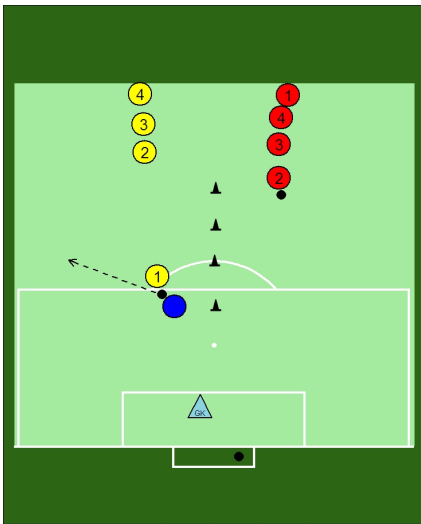
If the red player scores within the time limit then the Coach makes another signal immediately and the Countdown starts again for Yellow Player 1.

The blue defender must get across to the other side of the penalty area as quickly as possible to challenge for the ball.

The red player goes back to join the line.



## Half pitch - shooting



In this example, the blue defender has tackled Yellow Player 1. If this happens the Countdown starts again immediately for Red Player 2 to begin.

If a player is held up by the blue defender and runs out of time then the Countdown starts again for the next player in the other team.

It is up to the Coach to give the signals quickly for the next player to start and the new Countdown to begin.

Keep the scores for a few rounds and then change the defender and goalkeeper if desired.

### Possible changes

Both Player 1s work as a pair, with a ball between them, to try and score

within the 10 second Countdown.

Increase/decrease the starting distance from the goal or the amount of seconds in the Countdown.