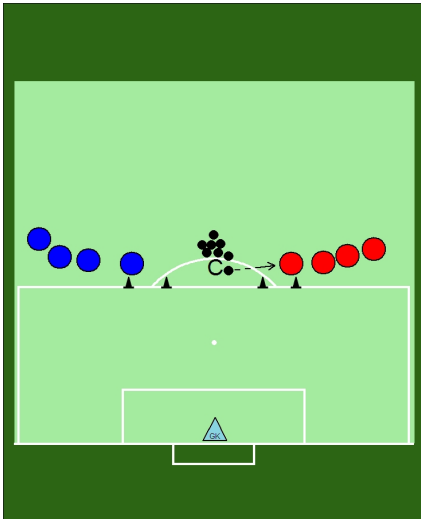




Penalty area - shooting

First touch to shoot

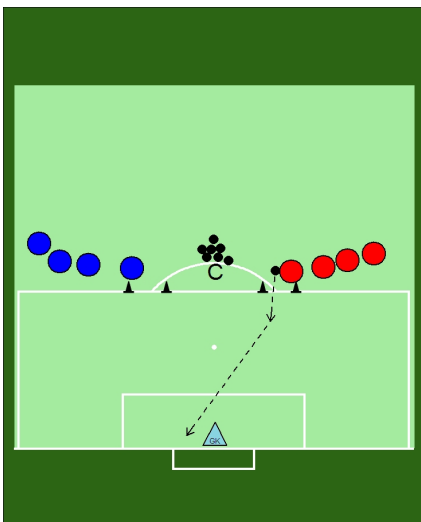


How it works

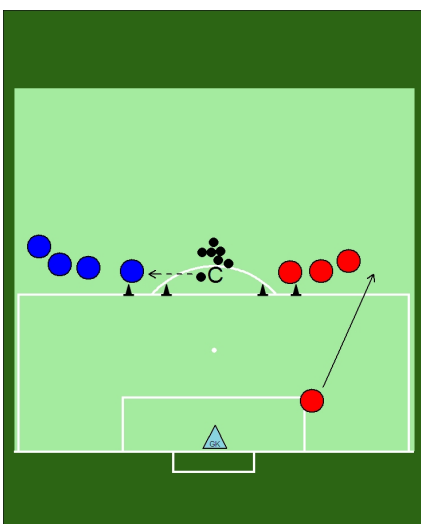
Two lines of players stand either side of the coach at the edge of the penalty area.

Red player stands facing the coach and side-on to the goal.

Coach plays the ball into the feet of the red player.



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



Coach then turns and plays a ball into the feet of the blue 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.

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 blue player follow in to take advantage of any rebounds.

Have a defender stand behind the red player to follow the attacker and add pressure on first touch and shot.