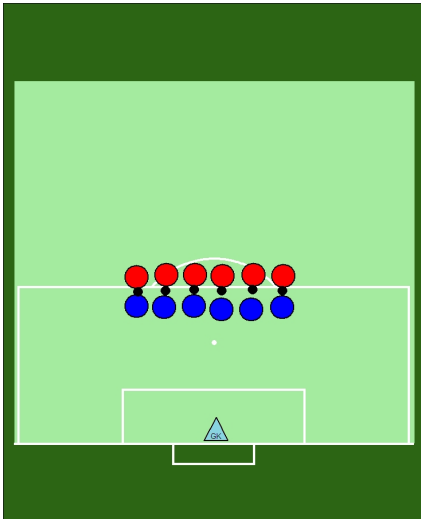




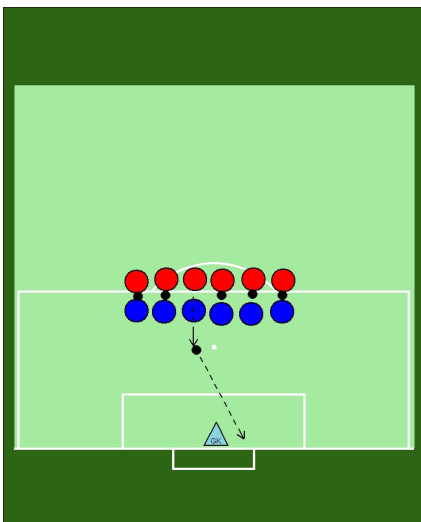
### Quickfire



#### How it works

Pairs of players stand on the edge of the penalty area, both facing towards the goal.

Red players have a ball at their feet and the blue players stand with their legs open.



On a signal from the Coach, ie. calling a number or tapping on the shoulder, the red player passes the ball between the blue players legs for them to run on to and take a shot on goal.

Quickly go through each pair and then reverse roles.

Teams can compete against each other with number of goals scored in a certain number of rounds.

#### Possible changes

Younger players can roll the ball between their partner's legs.

Blue players face away from the goal to turn and shoot.

Red players throw the ball over the blue player's heads for them to run on to and strike on the volley/half-volley.