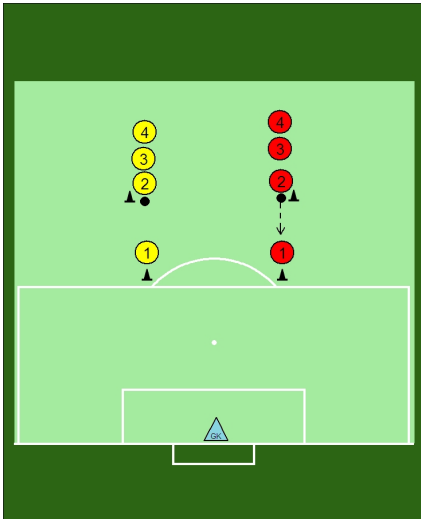




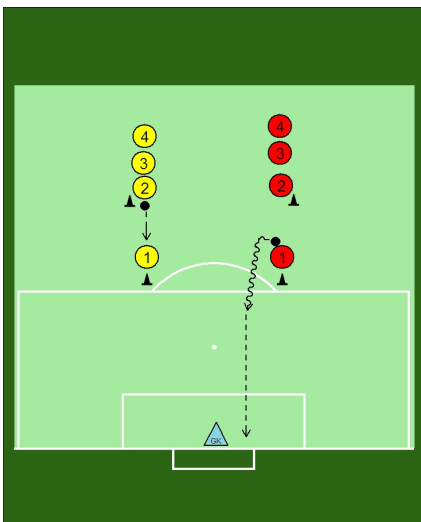
Turn and shoot



How it works

Two teams of players line up as seen in the diagram with one player standing by the cone just outside the edge of the penalty area.

Red player 2 passes the ball to red player 1.



Red player 1 has one touch to turn with the ball and must then shoot with their next touch on the ball.

As soon as the red player has taken the shot, Yellow player 2 passes the ball to Yellow player 1 who performs the same skill.

Encourage players to turn both ways and shoot with left and right feet accordingly.

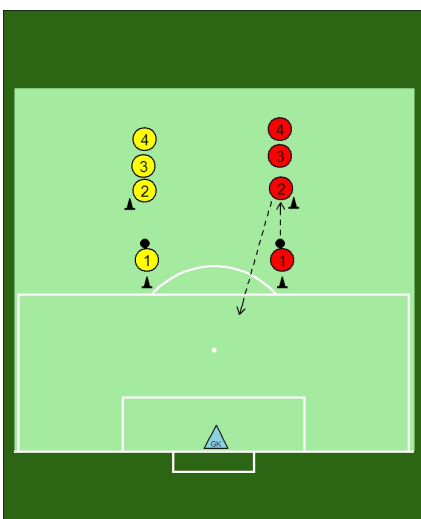
If a player turns to their right they should shoot with their left foot.

If a player turns to their left they should shoot with their right foot.

Keep a running total of goals scored with the correct touches and swap the lines over after 2/3 rounds.

OR

Challenge the group to score at least 5 out of 20 attempts. Setting the target fairly low to begin should bring success and then you can make the challenge harder next time.



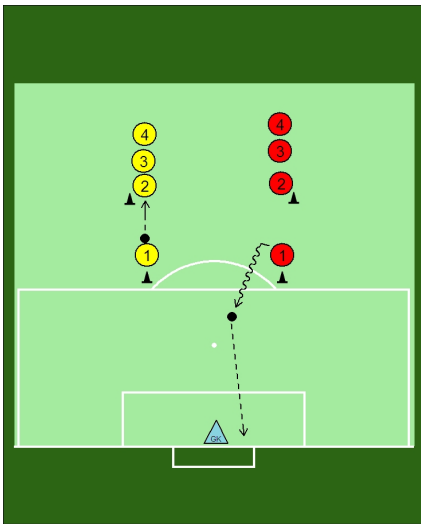
Possible changes

Red player 1 starts with the ball and passes to Red player 2.

Red player 2 passes the ball in behind Red player 1. The ball can be played to either side.



Half pitch - shooting



Red player 1 turns to shoot first time for goal.

As soon as Red player 1 has taken the shot, Yellow player 1 passes to Yellow player 2 to repeat the drill from the other side.

Keep running totals, swap lines or create challenges for the group as outlined earlier.