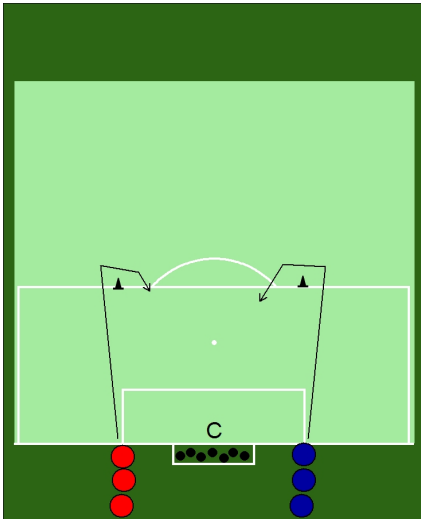




Penalty area - shooting

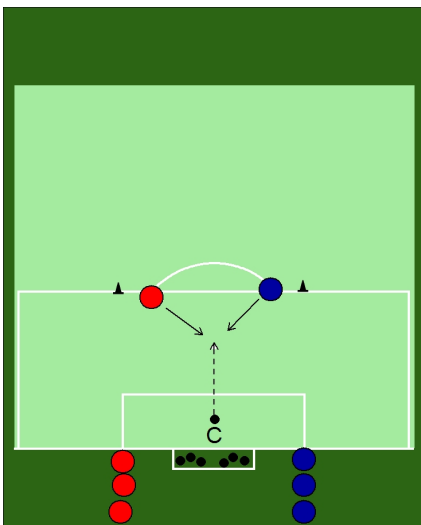
Compete to score 3



How it works

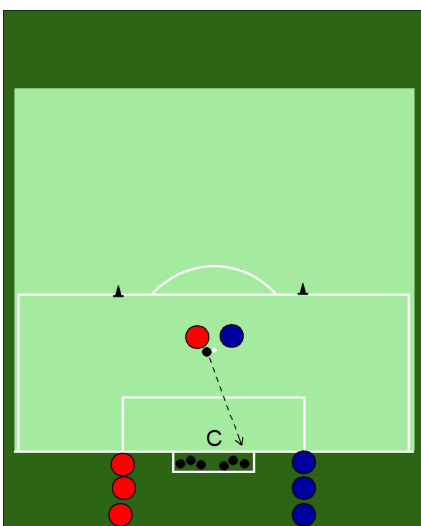
Two teams line up on the goal line at the edge of the six yard area.

On a signal from the coach the first player in each teams runs out to go around the cone and turn back towards the goal.



As the two players round the cone the coach rolls a ball out into the middle of the penalty.

The two players compete to get to the ball first.



In this diagram the red player has got to the ball first and decides to shoot first time.

The red player could decide to take a touch closer to the goal before shooting if they have time.

The blue player can attempt to win the ball or pressure the red player into rushing the shot.

If the coach makes a save and the ball rebounds back into play then the game continues until a goal is scored or the ball goes out of the playing area.

The coach then gives another signal for the next player from each team to go.

Keep a running total of the team scores. After two rounds swap the teams to the opposite sides of the goal as most players will favour the right side.



Penalty area - shooting

The coach can favour one of the players with the throw if they have not got to the ball first after a couple of rounds.

Possible changes

Coach can vary feed eg. a bouncing ball or high throw in the air.

Players can start in different positions as with the other Compete to score drills.

The two teams can start in different places eg. corners of the penalty area.