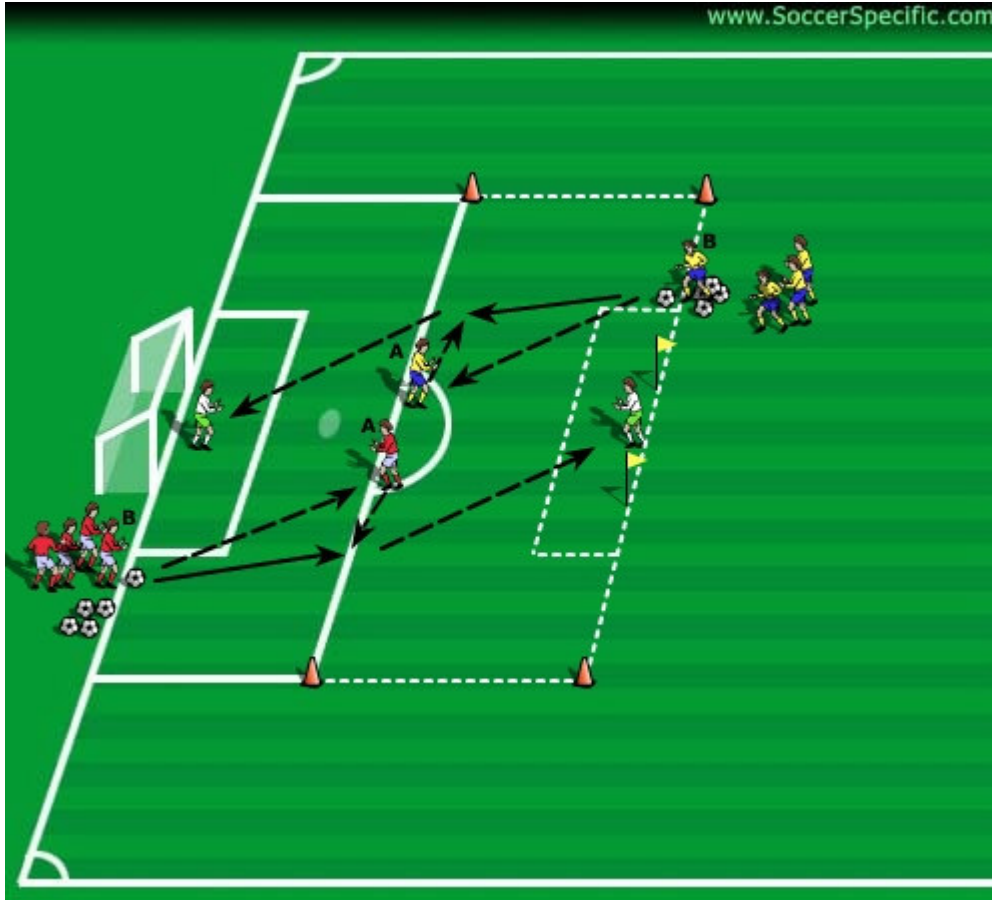


Competitive Team Scoring

Emphasis: Striking shots with power and accuracy



Set-up:

36 x 44 yards (two 18-yard boxes). Players are divided into two groups and positioned as shown. Goalkeepers are in each goal. A supply of balls is placed next to each group of players. Target players (A) are positioned on the 18-yard line facing their teammates.

Objective:

The first player in line (B) must pass to target (A). Target (A) must lay the ball off for (B) to run forward to shoot. Player (B) then returns to the back of the line. The next player in line repeats the sequence. The sequence is continuous for both teams (red and yellow). The team with the most goals after the designated period of time wins the game. Switch the targets after each round of play.

Progression:

1. No preparation touch – all first time shots.

Coaching Points:

- Strike the ball with the laces.
- Accuracy before power on all shots.
- The lay off from the target player must be weighted correctly.
- Passes in to the target player must be accurate.