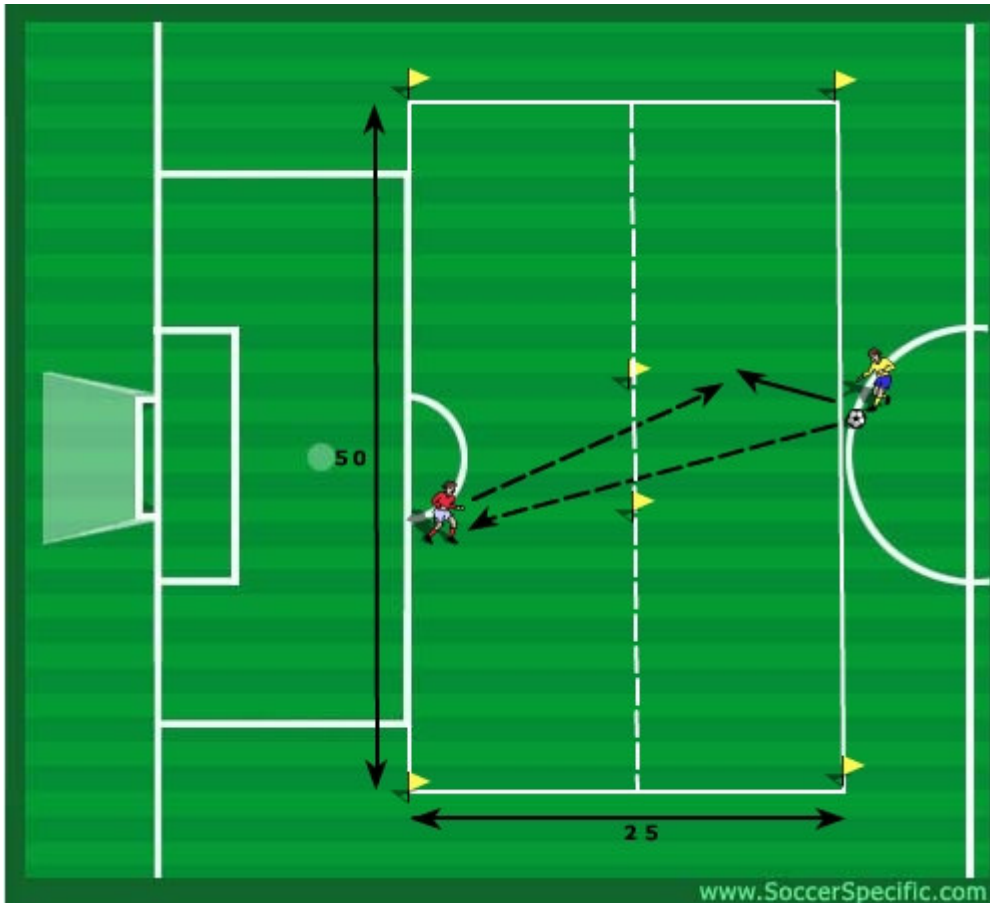


## Long Distance Shooting

**Emphasis:** Shooting, receiving



### Set-up:

Make a 50x25 yard grid, and place a goal on the midway line in the middle of the grid. Use flags or cones as the goal so the ball can travel through the goal and to the other side. Place a player on each end line with a group of balls. There are only two players per grid.

### Objective:

The play begins by one of the players shooting the ball through the goal and to the other player. That player must control the ball and play it back through the goal in no more than two touches. A player receives a point for every goal scored. However, a player is deducted a point if they fail to shoot through the goal or if they fail to control the shot before it goes over the end line. The first player to ten points wins the game.

### Progression:

1. Decrease the size of the goal.
2. The players must hit a moving ball.

### Coaching Points:

- Use the inside of the foot to shoot for accuracy.
- The receiver must start centrally behind the goal.