



Procedure:

The shooting line starts at the center cone, placed 30 yards away from goal. Each shooter runs to goal to finish a pass from the end line, hitting the shot first time. If a shooter misses, he runs to goal to save the next shot, and the original goalkeeper returns to the shooting line.

Diagram A: When a shooter (Player B) makes his shot, the goalkeeper (Player A) is sent out of the game and must go behind the net. Player B is safe and goes back to the shooting line.

Diagram B: The player who was next in line behind a shooter who has made his shot - Player C - must run to the net to become the goalkeeper and try to save the next shot from Player D.

Also, if a player behind the net catches a missed shot before it hits the ground, he returns to the shooting line.

Coaching Points:

- 1 Shooting Slow your run to the ball so that you can read the pass.
- 2 Finishing Look for a quick shot and catch the GK out of position.
- 3 Finishing Do not overpower a ball set back from the end line.

Progressions:

1 Speed up the service from the end line.