

## Description

### Control before shooting (10 mins)

#### Set up/Organization:

Two small goals, split (as shown)

Line of cones (shaded area) in front of 2 small goals. Players can only score outside the shaded area.

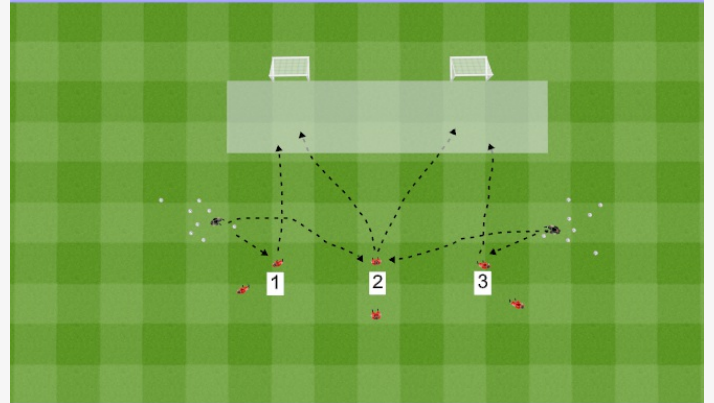
Based on your players ability determine the distances to suit.

**Equipment:** Large supply of Balls at GK

2 small/medium goals, cones.

**Sequence:** Either coach plays a pass to 1, 2 or 3

The player receives runs and scores in either small goal. If the player misses the goal they fetch their ball and leave it next to the coach.



#### Variations/Progressions

1: Coach changes angle and type of delivery as often as possible

2: Give and go with the coach before a shot.

3: Place mannequins or poles in front of goal so as the player might do a trick before a shot at goal.

4: Score with left or right foot only.

6: Use a time limit or limit the amount of touches before a goal is scored.

#### Competition:

Who can score 10 goals quickest