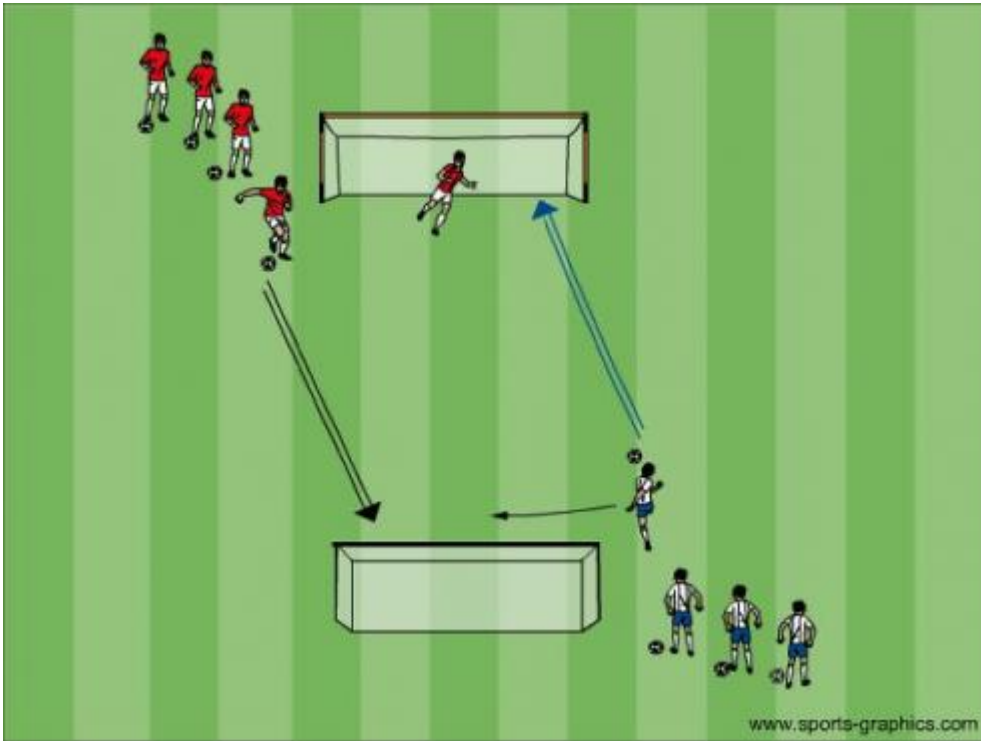


Rapid Fire Shooting With GK



Key Points

Quick shooting and GK

Description

Divide the team into two groups. Each player with a ball lined up on opposite goal posts. First player in one of the lines touches the ball a yard in front of them and takes a shot on the opposite goal. Immediately after the shot the player is the GK for their goal while the opposite line player takes a shot.

The opposite player cannot push to shoot until the other player has taken their shot.

Accuracy vs power. Quick feet to get back into goal. Play for 1 minute and see which group has more goals. Switch after 1 minute to other post.