



Goalscoring exercises Part One

Area Penalty box

Organization

Teams are split into four teams of four

The red team collect balls and pass them back to the white team

The green team are the goalkeepers and try not to let any goals in

The white team are the passing team

The yellow team are the shooting team

The white team should aim to pass the ball to the middle of the area in front of the penalty spot with little pace on the ball

The yellow team run from an angle in turn and shoot at goal

Play for two minutes and count how many goals are scored

Team rotate until every team has been in every position

Winning team is the team who scores the most goals

Coaching Points

Good weight of pass from the passing team to the shooting team

Shooting team approach ball from a slight angle

Round and compact over the ball

Stay down on ball with steady head

Strike through centre of ball

Landing on shooting foot

Make an early decision where you aim to shoot