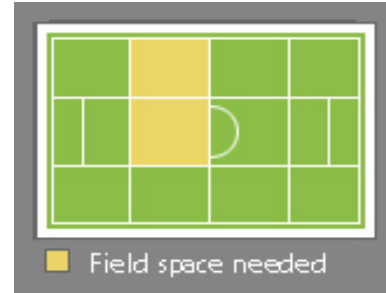


Materials Needed



Area 20 x 30 yds

- Balls
- Cones
- Pinnies

Shoot, Save, Score (Shooting)

Description:

Each team has 3 players - 2 attackers and 1 goalkeeper. Players are allowed to use their hands in the defensive zone. 1 point awarded for a shot, 3 points for a shot on target, 5 points for a goal, 1 point for a save. First team to 21 wins.

Coaching Points

- Try to shoot at every opportunity
- Shoot low and away from the keeper

- Follow up on rebounds

Progressions:

Increase or decrease the number of players.