



Set Up: Fun shooting game.  
4 groups, 2 goals & 4 ladders or cones.

Instructions: The first player from each group will race against each other on coaches instructions.  
Players on right will race over ladder(cones) and become Goal Keeper.  
Players on left will pass ball down side of ladder then race through ladder collect ball on opposite side and shoot for goal.  
Players will then swap groups.  
Make sure all players work on left/ right foot.

Coaching Points: Ladder work make sure players stay on balls of feet.  
Weight of pass.  
Decision making  
Accuracy under pressure  
Balance  
Keep head over ball