

“Shooting for Points Game”



Situation

You need some fun shooting practice.

Mission

Individual competition over shooting, and practising shooting under pressure of competition.

Execution

Set-up:

Groups of 3-4, with a post, ball and lots of space. Lots of Flat cones. A stopwatch.

1. Set the flat cones out roughly like opposite. The orange cone is on the penalty spot. Blue is 5m. Yellow is 8m+. Colours can vary, as long as the four red ones in the picture are the same colour. Do the same around all posts (you may have to use your common sense with the cones)

2. In each group, one person is the shooter and two are the collects/ feeds. Others can rest. The collects/ feeds must get the ball back to the person as quickly as possible.

3. In a set amount of time (e.g. 1min), each shooter takes as many shots from the coned positions round the post as possible, scoring points for shots scored.

4. **Score as follows:**

Penalty (Orange) – 1

Runner – 1

Veer (Red) – 2

Blue – 3

Yellow - 5

5. If a player scores from each cone, they gain an additional 10 points.

6. At the end of the time, cycle round the players until everyone has had a go. Repeat if desired and add the totals for a final score.

Either score individually, or add scores together for a team competition.

Progression:

Vary the cones/shots or points as desired.

Perhaps add a defender, or competition for the collect under the post.

