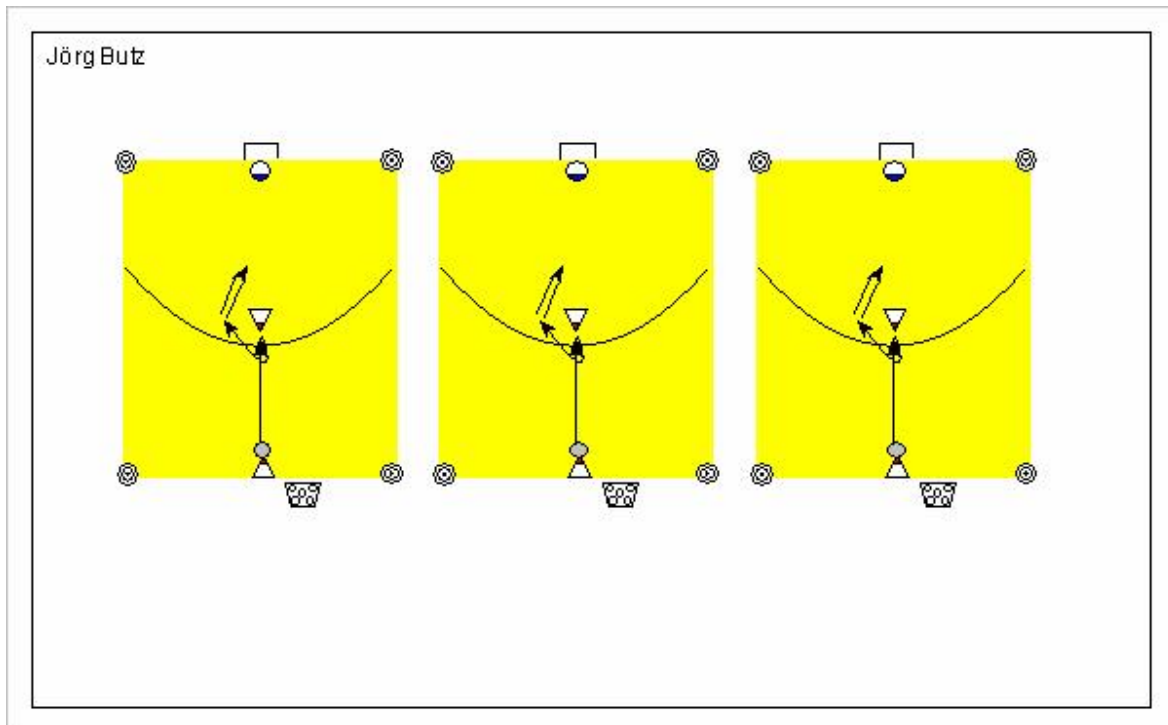


## Technical training Shooting at goal



### Organisation

Setup 3 games (see diagram)

The distance between the giver and the receiver is 10 metres.

The attacker is positioned 10 metres in front of the goal, waiting for the ball.

### Controlling the ball and shooting

The player at the starting point passes to the attacker near the second cone.

The attacker controls the ball while turning to one side and then shoots on goal. The giver runs to the second cone where they become the attacker for the next exercise.

### Variations

The two players pass the ball back and forth 3 times. Only then does the attacker take the ball on the turn and shoot.