

Speed scoring

First to Score

Description:

Each player finds a partner to race against with a ball each.

One of the players says go and the race starts. The winner is the first player to score a goal (from inside the circle).

Players then run back with their balls and the next two can start.

Players should try to shoot as soon as they cross the top of the circle.



Pass and Score

Description:

Players have to get into pairs with 1 ball between them.

The player on the right starts with the ball and has to run into the circle and pass the ball to their partner running towards the far post.

The receiving player should try to sweep the ball into the goal with their first touch.

As soon as the players understand the practice get out your stop watch and see which pair can score the quickest goal.

Time them from start until when they score.

