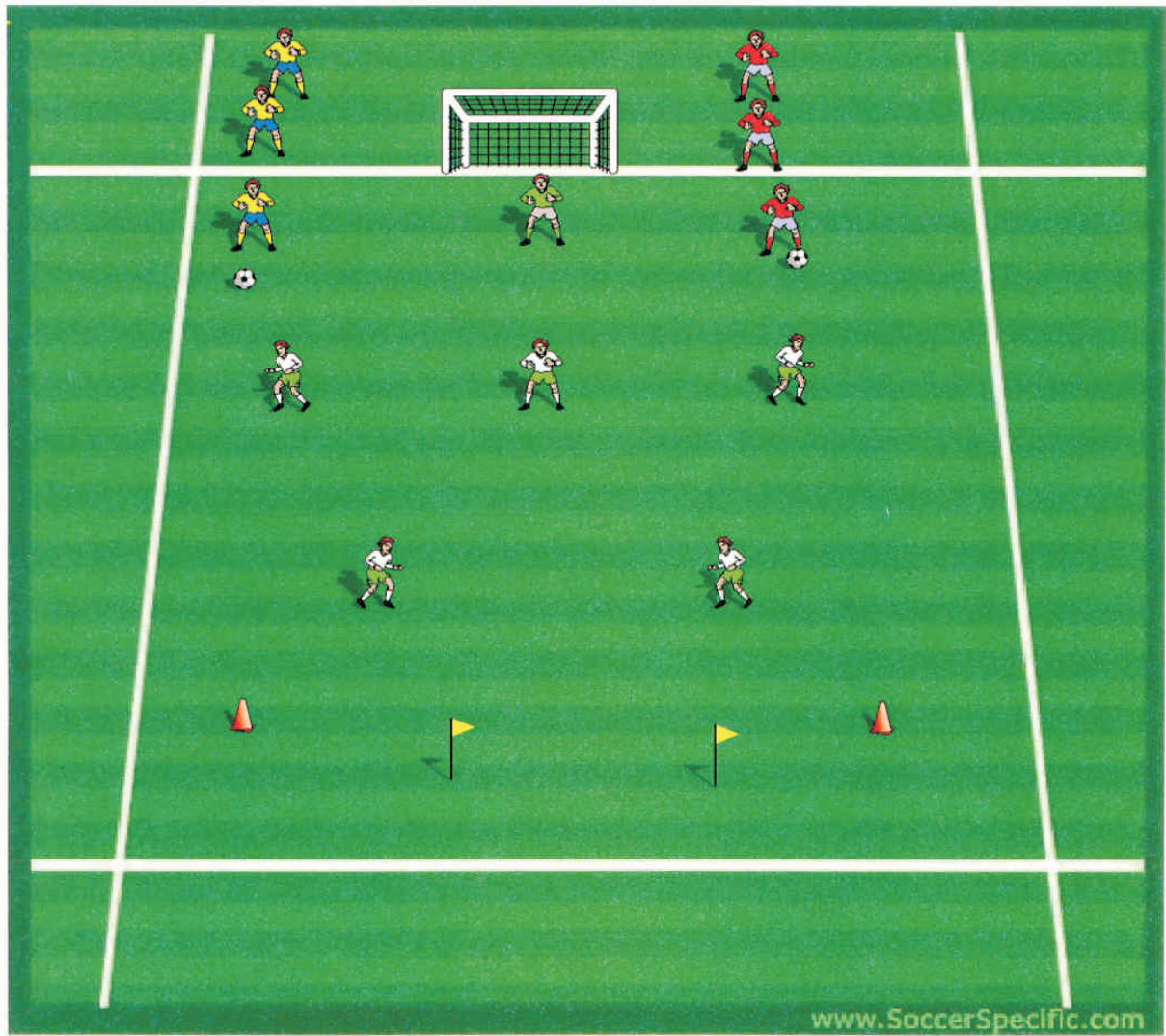


Doomsday



Purpose: Opposed shooting

Organization

1. Set up a 20x20 area as shown above
2. Players from each team must take it in turn to dribble down the sideline around the cone and through the middle of the gates
3. On entering the field of play he/she must then dribble past the defenders and get a shot off on goal
4. The defenders must either be down as crabs or hopping on one leg to give the attackers a good chance of scoring or shooting on goal

Coaching Points

1. Keep your head up to see where the defenders are
2. Attacker has to have a change of speed and direction to beat defenders
3. Shoot when you have sight of the goal, do not try to dribble the ball into the goal