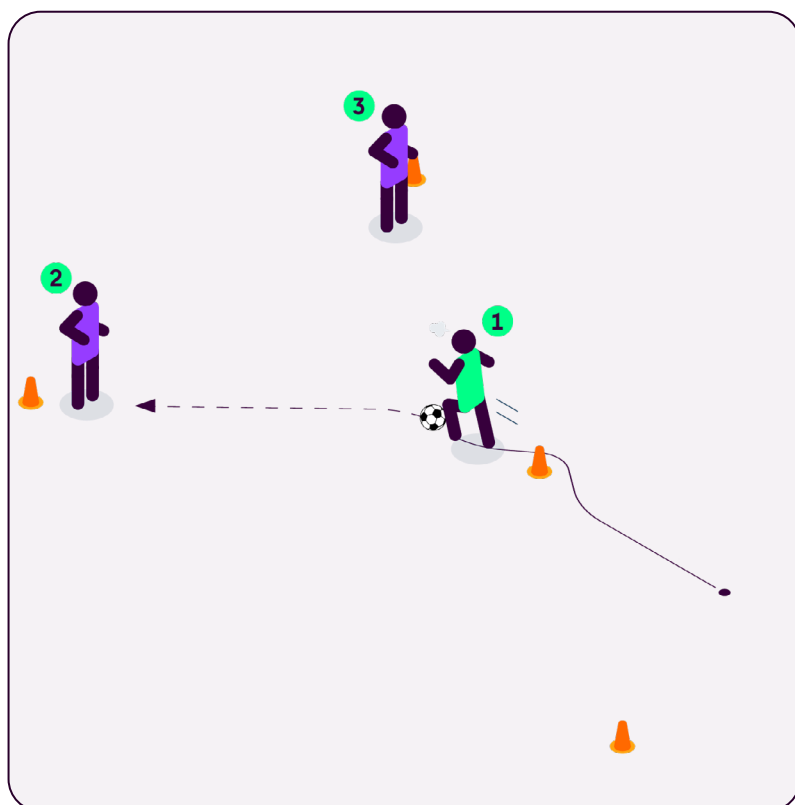


Activity sheet

Quick-Fire Finishing



Equipment

- 1 football per team
- 3 cones or spots

Teams

- Minimum of 3 people in a team

Safety

- Keep the ball below knee-height
- Check players are ready

How to play

- Put 2 cones as targets, at least 1m apart.
- Put a cone as a pretend defender.
- Player 1 dribbles the ball around the defender then shoots at the left target.
- Players 2 and 3 are backstops, waiting behind the targets.
- The nearest backstop collects the ball and kicks or rolls it back to player 1.
- Player 1 shoots again, aiming for the right target.
- The nearest backstop returns it.
- Player 1 shoots again, deciding which target to aim for.
- Each player has 3 shots then swap roles.
- How many times can you hit the targets?
- Can you change where you shoot from?

Support

- Shoot from nearer to the targets
- Stop the ball before shooting
- Start from the shooting position

Challenge

- Dribble past a real defender before shooting
- Add targets to change the angle or distance
- Use non-dominant foot to control and / or shoot

Include everyone

- Change the ball e.g. bell ball, contrasting colour to floor, large and light for pushing, no- or low-bounce
- Change target, e.g. taller cones, clapping teammate, colours on wall
- Roll the ball, use a chute or use wheels / bat / stick to push the ball

Play anywhere

Play a table-top version by rolling table tennis balls or flicking counters at paper cup targets.

Football skills

This activity helps you to...

- Control the ball
- Shoot from different angles and distances
- Turn your body to receive a ball

Life skills

This activity helps you to **make decisions**.

When making decisions, you need to:

- Compare the different options
- Choose which is best for the situation