

McDonald's Skills Zone - Shooting



Focus on Shooting

McDonald's Skills Zone Challenge #4

This challenge is used to develop shooting over short distances. To be a great goal scorer like All White Chris Wood or Football Fern Hannah Wilkinson you've got to develop your shooting with accuracy.

Minimum Equipment Required

- 1 ball.
- 10 cones or markers (drink bottles, sweatshirts, bags etc).

Set Up

Put 6 cones in a line, with 1 metre gap between each one (ask your coach or parent to show you set this up).

Place a starting gate (blue) on the floor (this is where you will shoot from). Distances are below:

4-6 years old	5 metres away
7-8 years old	8 metres away
9-12 years old	10 metres away

Put another starting cone (yellow) 2m behind the shooting gate.

Challenge

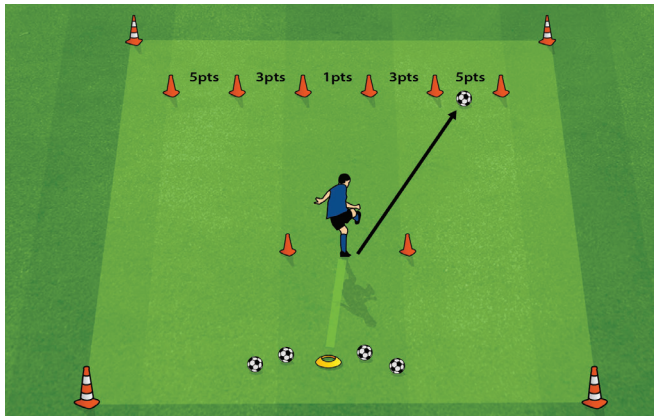
- You have 5 shots in total.
- Start dribbling at the starting cone.
- Shoot at goal from before the shooting gate (try not to stop the ball moving).
- Retrieve your ball and start at the starting cone again.

Scoring

- You get points for each scoring shot. Points awarded are as below: (points get higher towards the outside of the targets).

Centre of the goal =	1pt
Mid range of the goal =	3pts
Corner of the goal =	5pts

- For example, if you get two shots in the centre of the goal (1+1), two in the corner (5+5) and miss with the other your total score is 12.



Players can **download** each Skills Zone Challenge and score sheets from www.nzfootball.co.nz