



## DIAMONDS ARE FOREVER (SHOOTING)

12 players (including goalkeepers G)

G plays ball to a team mate in own half (this player cannot be tackled)

The ball is played into the opposite half and the forwards try to score

Passive defending (block not tackle)

Scoring 1 point for shot outside goal area, 2 points for shot on target

### Teaching points

- Accuracy
- Non kicking foot next to ball
- Head over ball
- Strike ball with laces

### To make easier

- Make area bigger to give more time on the ball

### To make harder

- Must shoot with weaker foot

