

# Shoot Penalty

5 Cones, 7 Balls

**OBJECTIVE:** Shoot 7 balls between either post & vertical line between nearest cone & crossbar in 30 seconds.

## Rules

1. Start with penalty kick with either foot.
2. Shoot 3 of remaining balls with Right foot.
3. Shoot 3 of remaining balls with Left foot.
4. Last 6 balls must be rolling when kicked.
5. Last 6 balls must be kicked before passing penalty kick cone.

## Exceptions

1. U6: 7 penalty kicks from 6yd line.
2. U12: May use 6 feet x 6 yd goal.

