

# Goalshot 360 - 12 Yard Penalty

Penalty Kick Shooting at 12 yards with Dominant Foot

**statUP**

Earn Stats That Matter

## Description

Athlete takes four shots on goal from the penalty spot in a clockwise pattern starting with the upper right zone. Athlete uses any style shot with their dominant foot.


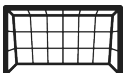

This statUP test was created by SKLZ using the SKLZ Goalshot.

The Goalshot is a revolutionary shoot-and-finish trainer for regulation-sized goals, with four open zones located where strikers are FOUR TIMES more likely to score a goal.

Learn more and purchase yours at [SKLZ.com](https://www.sklz.com)

## Purpose

To measure an athlete's ability to accurately shoot into a corner for a penalty kick.

level	coaches	equipment			
L1	1	 4 balls	 1 Goal (24' x 8')	 1 SKLZ Goalshot	

## Directions

Before running test, review directions with athletes.

### 1. Athlete Shoots at Zones 1, 2, 3, and 4

Athlete shoots a ball from the line, aiming for zones 1, 2, 3, and 4—in exact order. Any style of shot is allowed.

### 2. Scoring

Every ball that goes into the correct zone is worth 3 points, while a ball that misses the correct zone but enters the goal is worth 1 point. Misses are 0. The score is  $x/12$ .



Find out more about the SKLZ Goalshot at [SKLZ.com](https://www.sklz.com)

# Goalshot 360 - 12 Yard Penalty

Penalty Kick Shooting at 12 yards with Dominant Foot

---



## What Could Go Wrong

1. **Shot hits Goalshot fabric but doesn't go into the goal.** If the Goalshot prevented the ball from entering the goal, it is considered off-target, on goal and therefore worth 1 point.

## Key Points

1. The ball should be at a standstill.

# Goalshot 360 - 12 Yard Penalty

Penalty Kick Shooting at 12 yards with Dominant Foot



Earn Stats That Matter

Coach's Name: \_\_\_\_\_ Date: \_\_\_\_\_

**Athlete Name**

**Score**

*Example: John Smith*

*10 / 12*