



# PENALTY SHOOTOUT SCORECARD

You will need 2 rowing machines and 2 equal teams

Team One - Attackers (strikers plus forwards)

Team Two - Defenders (goalie plus defence)

Attacker - First team member rows 5 strokes

Defender - Rows 5 strokes - if they have equalled the distance of bettered it, they have prevented the goal

If the defender has successfully defended the goal then he/she stays on the machine, the attacker swaps over regardless

The attackers have 5 opportunities to score before the teams swap over

The team who has accumulated the most points wins. If the points are equal, then look at accumulated metres rowed to separate the teams.

	Goals	Distance (m)
	Team One	
Attempt 1		
Attempt 2		
Attempt 3		
Attempt 4		
Attempt 5		
<b>Total</b>		

	Goals	Distance (m)
	Team Two	
Attempt 1		
Attempt 2		
Attempt 3		
Attempt 4		
Attempt 5		
<b>Total</b>		