

Movable Goal



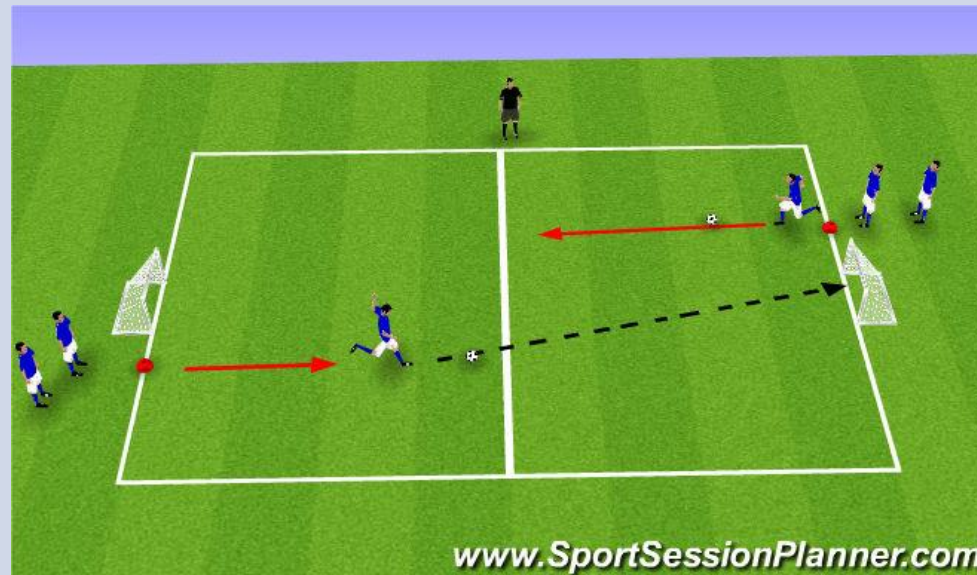
RULES

- 2 players holding a pinnie become the 'goal'
- All other players have a ball
- The 'goal' moves around the area keeping away from players with the ball
- Players with the ball shoot on at the goal
- Players can score from either direction

POINTS

- Look up to see 'goal'
- Standing foot at side of the ball
- Strike with the laces
- Lock the ankle
- Keep body facing the 'goal'

SHOOTING- Running onto ball (technique)



RULES

- All players with a ball
- One group of player each side of the goal
- Players push ball in front of them run and shot ball at goal

POINTS

- Good touch out of feet
- Focus on ball
- Get body facing goal
- Standing foot at side of the ball
- Use laces to hit center of the ball
- Keep head down

1v1 Running onto the ball



RULES

- 2 teams on either side of the coach
- Coach rolls ball out towards the goal
- First player from each team must battle to get the shot

POINTS

- Watch the ball
- Try and get your body between ball and goal
- Quick look to see goal
- Look at ball when striking
- Use the laces
- Ankle locked
- Keep head over ball

1v1 4 corner game



RULES

- 1v1 with no goalkeepers
- Coach plays the ball into one corner
- Player attacks the opposing goal
- Opposite corner defends the ball and tries to win back
- If wall is won, player attacks other goal

POINTS

- First touch into space
- Quick head up to see goal
- Standing foot at side of the ball
- Strike with the laces
- Keep head over ball



- 4v4 with no goalkeepers

POINTS

- Keep head up
- Look for open spaces
- Dribbling into open spaces toward the opponents goal
- Take quick shots