



Goal Scoring exercises Part four

Half size field

Finishing in fours

Organization

Coach plays ball to player 1,2,3 or 4

The team then either dribble or pass the ball to a teammate down the field aiming to score a goal

The game is played at the beginning with no defenders and the red team can just go to goal unopposed

After one minute the coach calls for one yellow defender to come out and defend 4v1

This continues every minute until all four defenders are out defending 4v4

After the four defenders have played together for one minute 4v4 the process reverses and you start taking defenders out every minute until all defenders are off the field once again

Every time a goal scored the reds get one point

Every time the defenders win the ball they must get the ball to the coach and will receive three points

Winning team, the team with the most points at the end of the game

Coaching Points

Communication between teammates

Have a positive attitude to scoring

Be creative in your attacking runs (diagonal and overlapping runs)