

Movable Goal



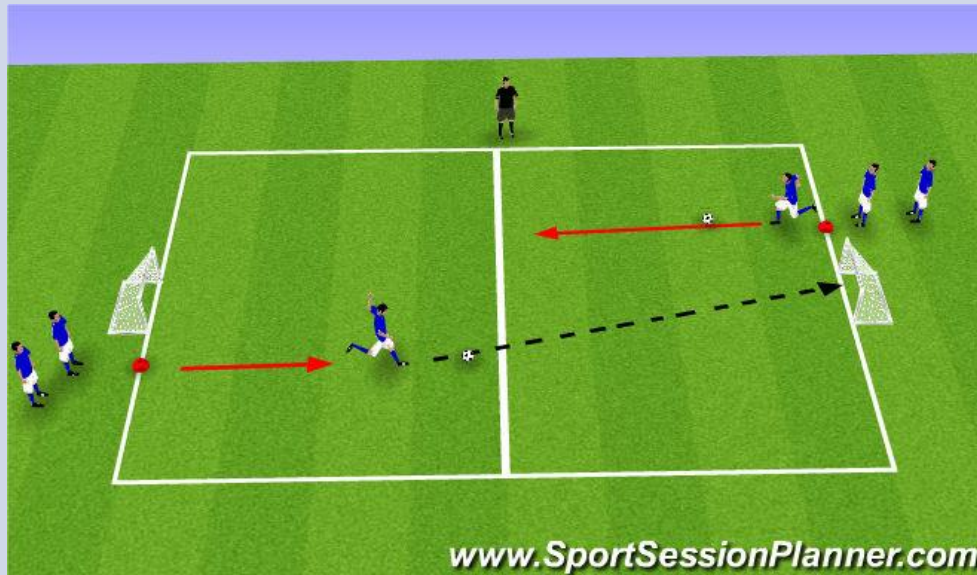
RULES

- 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 Technique



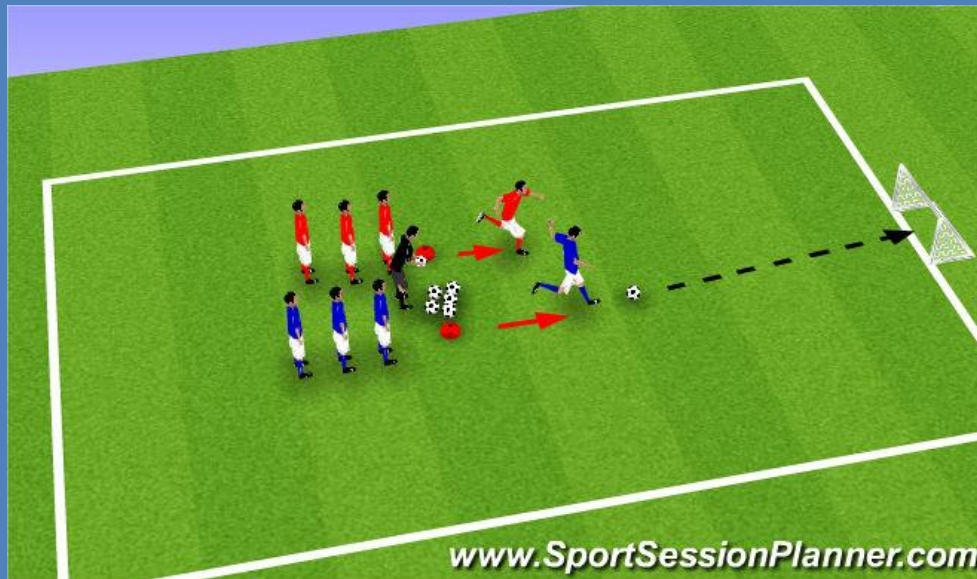
RULES

- 2 groups of players at side of goal
- At the same time from each line, players push ball in front of them and look to shoot at goal
- Join back of line and repeat

POINTS

- Good touch out in front
- Run onto ball
- Get chest facing goal and while looking down at ball
- Shot with laces
- Try from both sides

1v1 running onto ball



RULES

- 2 teams at each side of coach
- Coach rolls ball in and first player from each team tries to score
- If player steals ball from shooter, they try to shot

POINTS

- Be alert
- Get to ball first
- Try and get body between ball and defender
- Quick shots
- Use laces

GAME



RULES

- 4v4 with no goalkeepers

POINTS

- Keep head up
- Look for open spaces
- Dribbling into open spaces toward the opponents goal
- If a team mate is open look to make a pass
- Take early shots