

# SIX GOAL GAME

## STAGES COVERED BY ACTIVITY

Stages 2 & 3- 6-11 year old players

## THEMES & COMPETENCIES

### Theme:

- + Dribbling and turns.
- + Passing and receiving.
- + Attacking as an individual.
- + Defending as an individual.

### Competencies:

- + Dribbling basics.
- + Turning basics.
- + Feints and dribble.
- + Beating an opponent.
- + Escaping an opponent.
- + Passing over a short distance.
- + Receiving the ball with the feet.

## WHY USE IT

Using multiple goals allows for players to keep their heads up and find other scoring options. Players can dribble to penetrate to goal or recognize when to change direction.

## SET UP

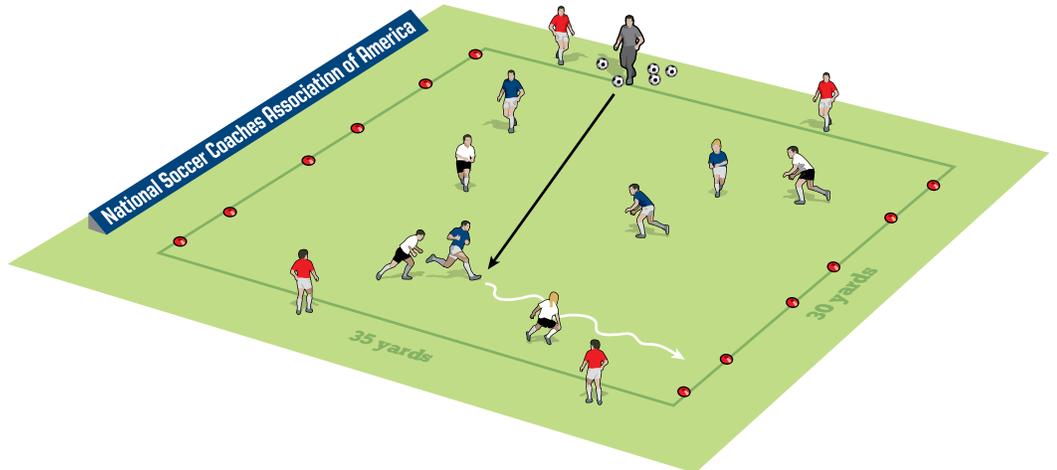
30x35 playing area marked with cones in the corner. 3 goals that are 2 yards wide are created on each end-line with cones. 12 players are placed on 3 teams, each with a different training vest. Soccer balls are with the coach on the side.

## HOW TO PLAY

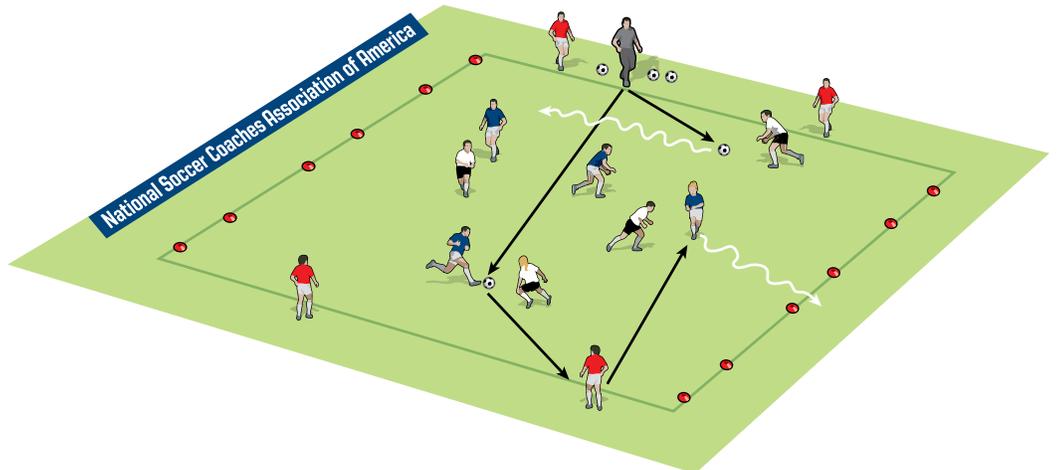
2 teams will play 4 vs 4 on the field and a third team acts as bumpers on the touch line. Teams will play for 2 minutes and then the bumper team will switch with a team on the field. The coach is the "boss of the ball" and plays in each ball.

## COACHING NOTES

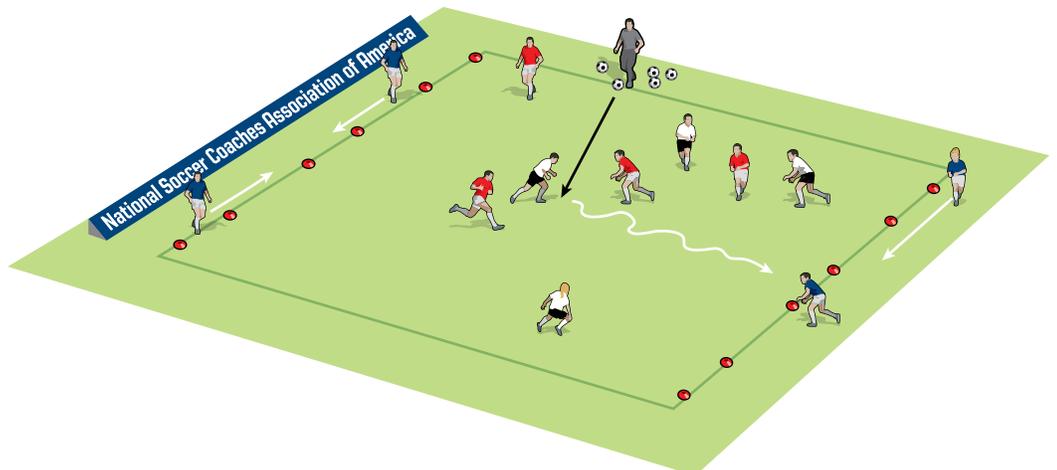
- + Main coaching objectives - decision making of when to dribble to penetrate; vision to see scoring options.
- + Coaching tips - play more than one ball in to get more players involved
- + Adaptations - instead of acting like bumpers the third team can stand behind the goals as gate keepers who take turns stepping into goals to close them off.



- + Coach plays the ball in any time a goal is scored or a ball goes out of bounds.
- + Teams may play to the bumper team for support.



- + If there are players that are not active, the coach may play in an additional ball.
- + Coach should remind bumper players to move to support the play.



- + To increase the difficulty of the activity, allow the resting team to act as gate keepers for the goals.
- + They may step in and close off goals at varying times.

