

TRIANGLE GOAL GAME

STAGES COVERED BY ACTIVITY

Stages 2, 3 & 4 - 6-14 year old players

THEMES & COMPETENCIES

Theme:

- + Attacking as an individual.
- + Passing and receiving.

Competencies:

- + Beating an opponent.
- + Escaping an opponent.
- + Passing and receiving.

WHY USE IT

This game creates continuous shooting opportunities and allows teams to work together to create shooting angles.

SET UP

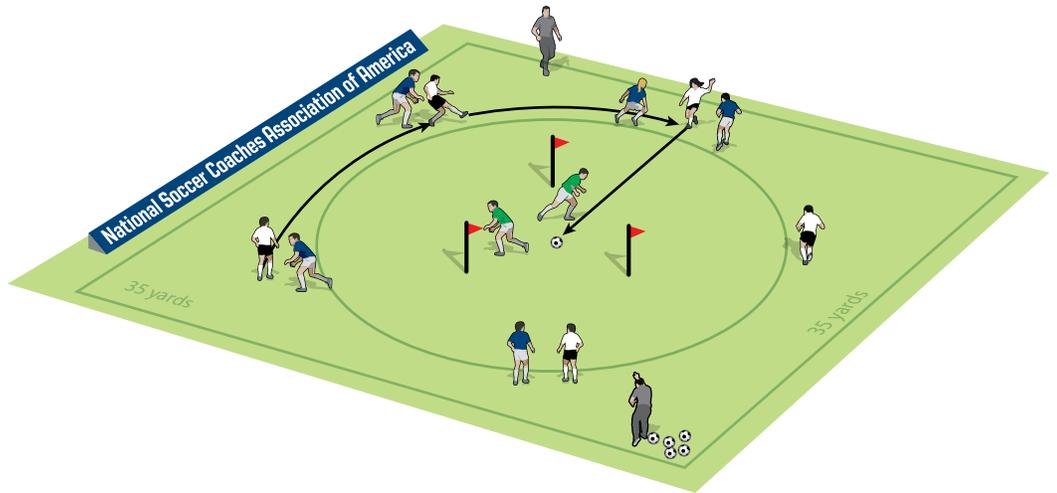
35x35 yard grid marked by cones in the corner. A triangle goal is in the middle of the grid with flags 8 feet apart. Players are split into two teams of 5 and there are two goalkeepers defending the three goals created by the triangle. (Parents may also be used as goalkeepers if needed.) The coach is positioned in one corner with all the soccer balls.

HOW TO PLAY

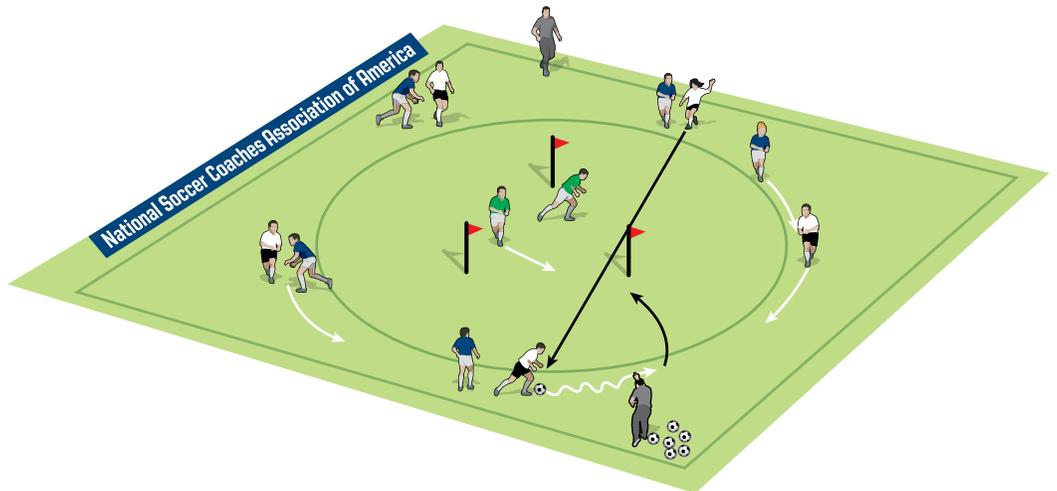
The coach plays a ball into one of the teams. The teams can shoot through any side of the triangle goal. Goal is worth 1 point. The ball remains in play once it goes through the triangle and it is available for whichever team wins it. If a keeper saves the ball, they distribute it to the coach. The coach can keep track of goals scored and saves made to create a competition between the two teams and the keepers.

COACHING NOTES

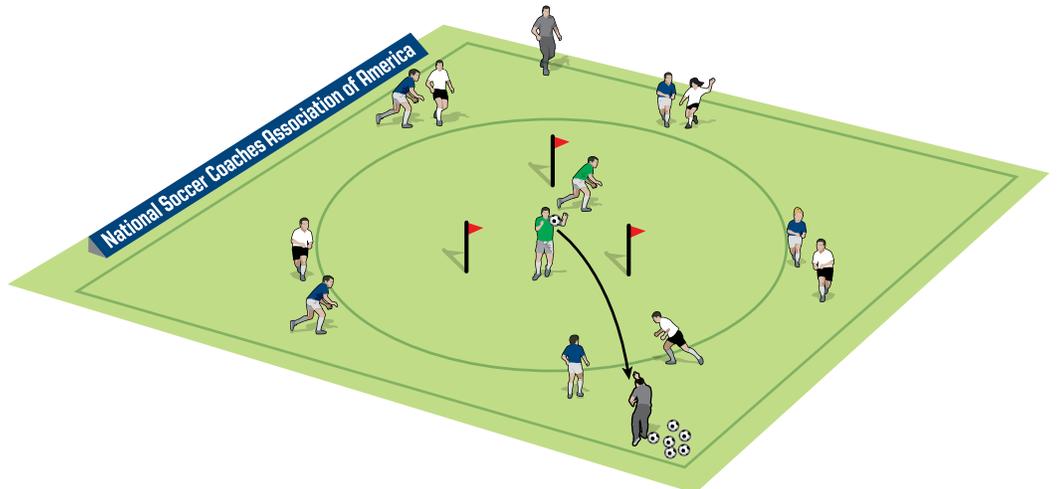
- + Main coaching objectives - 1st touch to set up a shot; movement from players to create scoring chances.
- + Coaching tips - create a 5 yard area out from the goal, so that players are not shooting too close to the keepers.
- + Adaptations - to create more scoring chances add 1-2 neutral players.



- + Players must pass the ball to find an open shooting angle.
- + The toe should be down, ankle locked and knee over the ball when striking it with the laces.



- + The player receiving the ball from the shot needs to cushion the ball.
- + Players without the ball should look to move to support the player on the ball



- + If a keeper makes a save they should throw the ball to the coach

