

6 GOAL GAME

STAGES COVERED BY ACTIVITY

Stages 3, 4 & 5 - 9-18 year old players

THEMES & COMPETENCIES

Theme:

- + Defending in pairs and groups.
- + Attacking transition.
- + Passing combinations.

Competencies:

- + Medium to long passing.
- + Receiving using the feet.
- + Mobility on and off the ball.
- + Attacking and defending as an individual.
- + Attacking and defending in pairs and small groups.

WHY USE IT

This activity allows for realistic challenges to the defending team. To defend effectively players must demonstrate ability to pressure and cover.

SET UP

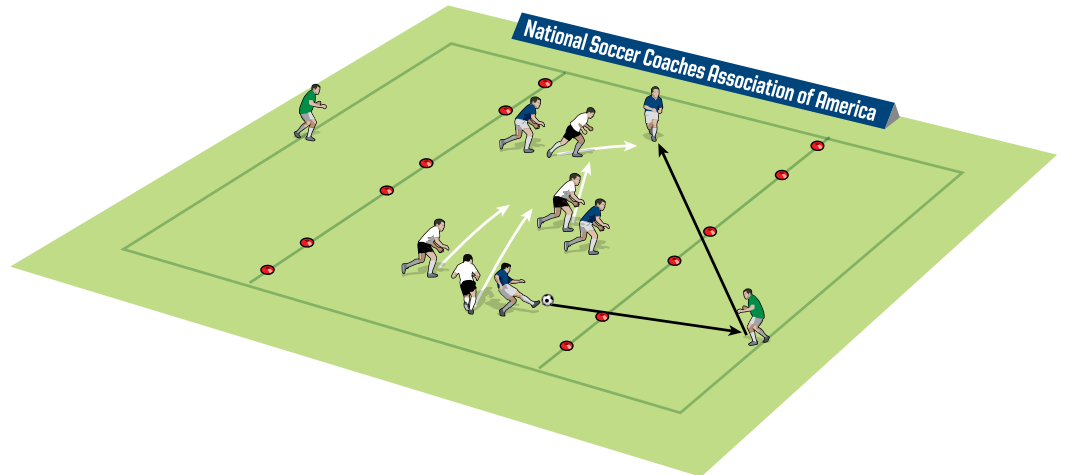
Have 3 cone goals for each to team to defend. Behind those goals have a Goalkeeper who is a support player for the team in possession. Goalkeeper's begin each repetition.

HOW TO PLAY

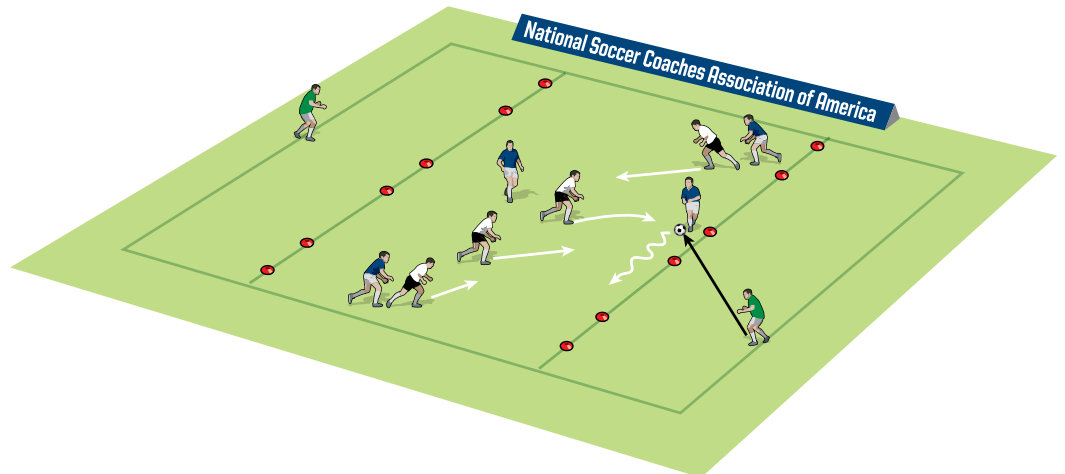
The objective for the possession team, in conjunction with their supporting Goalkeeper, is to pass or dribble through one of the 3 cone goals. The opposing team must try to deny the score, win the ball and counter.

COACHING NOTES

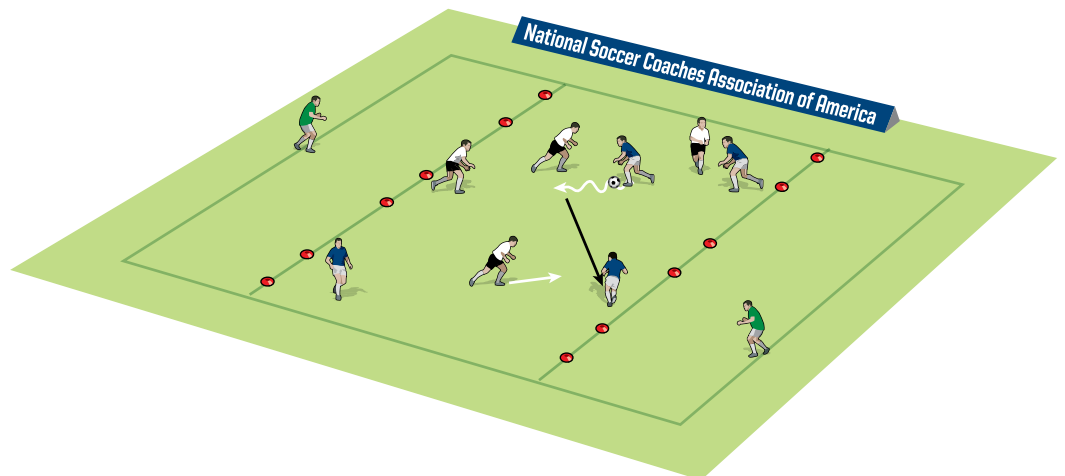
- + Coaching objectives - to have effective defending at the point of the ball to allow for effective team defense.
- + Coaching tip - make sure your vision takes in all members of the defending team and can assess their positions.
- + Adaptations - employ an all-time attacking player to further challenge the defending team.



- + Blue is forced to play backwards and switch.
- + White reacts well to press and cover.



- + The entry pass is well defended.
- + Blue is forced to dribble into pressure.



- + Blue attacks on the dribble.
- + Pressure and cover forces a negative backward pass.

