

## MIRROR GOAL

### STAGES COVERED BY ACTIVITY

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

### THEMES & COMPETENCIES

Theme:

- + Shooting

Competencies:

- + Shooting technique

### WHY USE IT

To encourage players to be direct to goal. The use of the Mirror Goal gives the players lots of opportunity to shoot at goal. It also allows for the efficient retrieval of balls and the opportunity for the coach to critically observe the players technique.

### SET UP

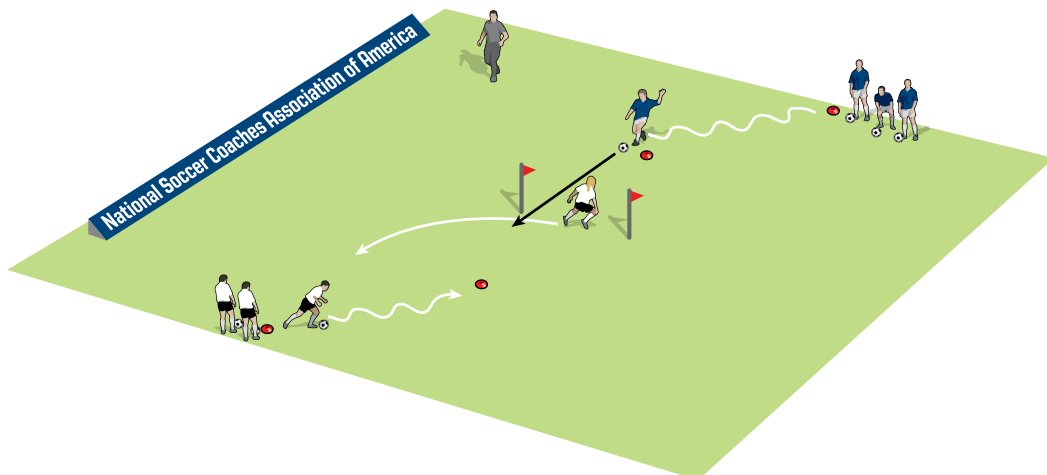
Set up an appropriately sized goal using flags. 2 teams of 4 players, with a ball each are on either side of the goal. The distance from goal should be appropriate for their technical level of the players - start with 20 yards and then modify.

### HOW TO PLAY

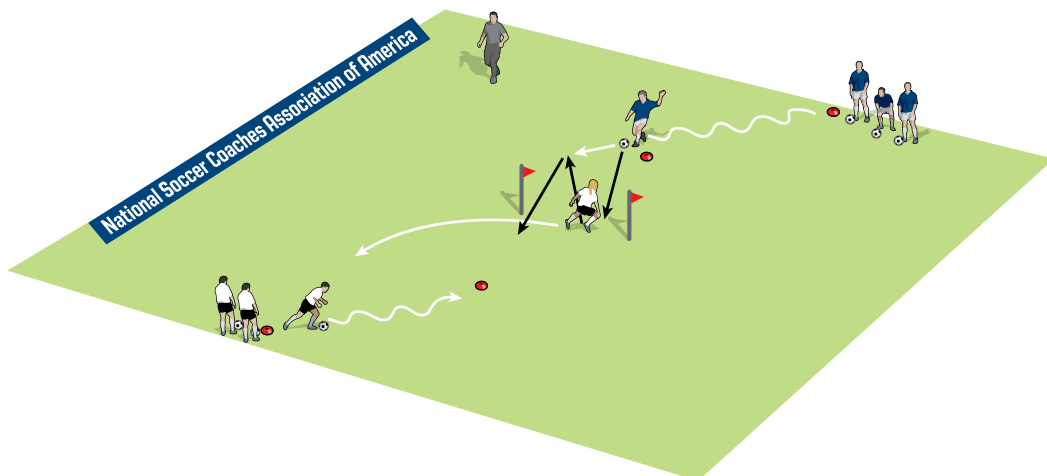
One team provides a goalkeeper. The first player from the opposing team dribbles the ball forward and shoots before a cone marking a designated distance from goal. After the shot the shooter moves forward to be in goal and receives a shot from the other direction. The outgoing keeper is responsible for retrieving the ball and returns to their team. The first player in line from the other side now dribbles forward and shoots.

### COACHING NOTES

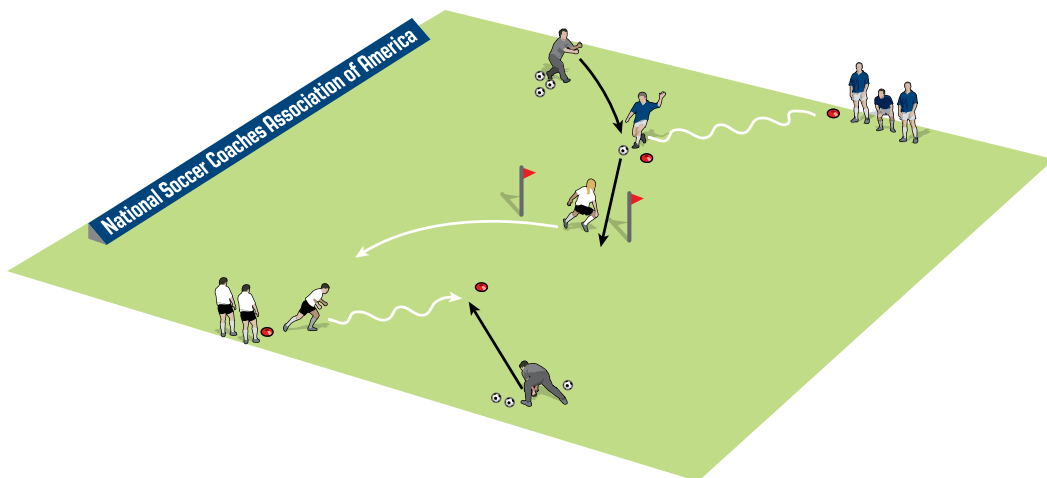
- + Coaching objectives - to provide the players valuable repetition of striking a moving ball at goal.
- + Coaching tip - observe closely the position of the non-kicking foot and the head at the moment of impact as this will impact the strength and direction of the shot.
- + Adaptations - provide a server to challenge the players with both feet, different pace of the ball and different angles.



- + Blue player dribbles and shoots.
- + White goalkeeper recovers ball.
- + White shooter is ready to play.



- + Blue player dribbles and shoots.
- + White goalkeeper gives up a rebound.
- + Blue player can finish rebound with one touch.



- + A server plays the ball to the blue player.
- + White goalkeeper retrieves the ball.
- + Immediately a server for white plays a ball forward.

