



## Goalscoring exercises Part five

Penalty area

4v4 plus goalkeeper

Organization

Teams are split into three teams of four plus a goalkeeper

One team is placed around the edge of the box and are used as neutral players for both attacking and defending teams

The coach keeps a supply of balls ready to play as this keeps the game moving at a fast pace

Two teams play against each other in the penalty area if the red team receive the ball they are the attacking team and try to score

If the goalkeeper saves the ball or pushes it over the bar the red team will receive the ball again to start attacking from either the coach or neutral team players 1&2

For the yellow team to attack they must win the ball off the reds pass it back to neutral player 1&2 and receive the ball back( similar to half court basketball)

Neutral players 3&4 on outside when passed to by attacking team must cross the ball as this encourages both attacking and defending crosses

Coaching Points

Communication

Be Positive with attitude to goal scoring

Be prepared to take shots early take responsibility and shoot before goalie sets feet