

## GOALS GALORE 1

### STAGES COVERED BY ACTIVITY

Stages 1 & 2 - 3-8 year old players

### THEMES & COMPETENCIES

Theme:

- + Dribbling
- + Ball mastery.
- + 1v1 Attacking and Defending
- + Shooting at an unopposed goal

Competencies:

- + Turns and feints- basic
- + Dribbling basics
- + Fundamental movement skills
- + Beating and escaping an opponent
- + Basic shooting technique

### WHY USE IT

Even from an early age, young players love to score goals. As the name suggests, in this game players have many opportunities to enjoy scoring with and without pressure from an opponent.

### SET UP

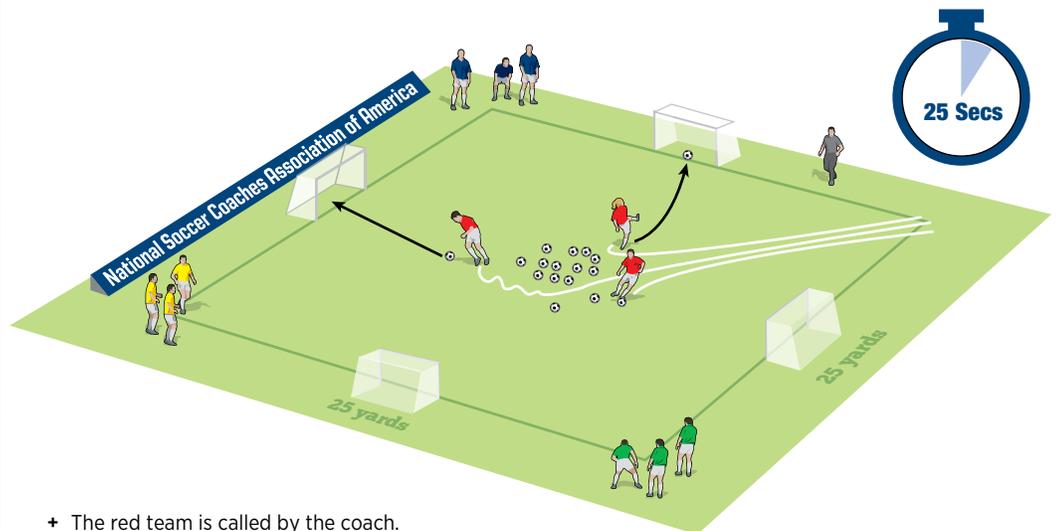
25 x 25 yard area. At least 1 ball per player and ideally several more. 4 teams each with 3 players. 4 sets of different colored training vests and 4 small portable goals placed centrally along each sideline.

### HOW TO PLAY

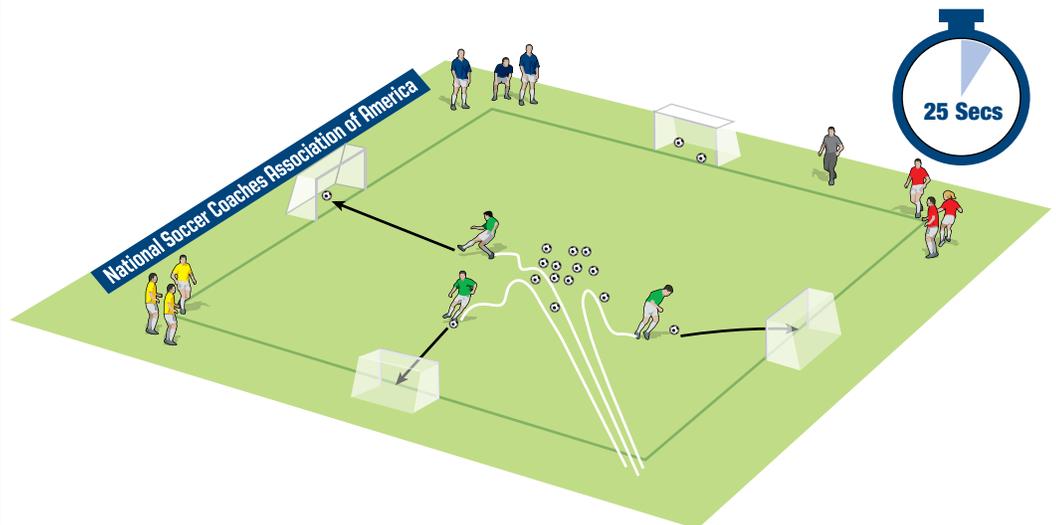
4 teams, each with a coach/parent to assist, are positioned behind a cone in the 4 corners of the area. To begin, all the soccer balls are placed towards the center of the area, but not in a tight cluster. The coach starts the game by calling out a color - all the players from that team run out, collect a ball and score a goal. Allow 20 seconds per color so that all the players have a chance to score multiple goals. Coach then calls another color etc. Next, instruct the players that they cannot score in the same goal multiple times - try to score in all 4 goals. Finally, the coach rolls a ball into the area and the 3 players from the same team compete to score a goal.

### COACHING NOTES

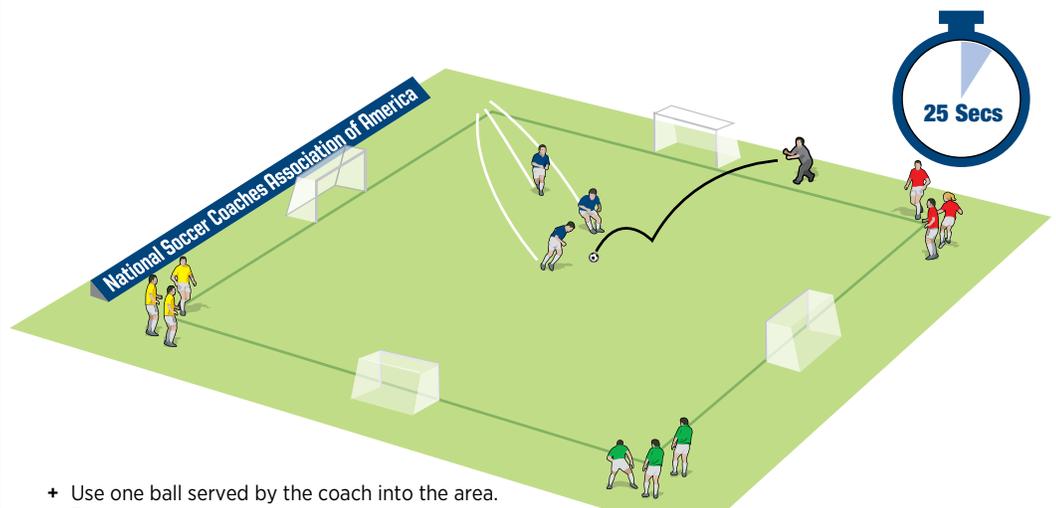
- + Coaching objectives - Enable players to experience scoring goals.
- + Coaching tip - Invest in a couple of sets of portable goals if the club does not provide them. Scoring goals is a major reason why players participate in the game.
- + Adaptations - in the final adaptation, the coach can feed a new ball in continuously to enable all players to score a goal.



- + The red team is called by the coach.
- + Red players have 25 seconds to score as many goals as they can.



- + Add a condition that players must score in a different goal each time.



- + Use one ball served by the coach into the area.
- + 3 players from the same team compete to score.
- + Serve a new ball - 2-3 times per group.

