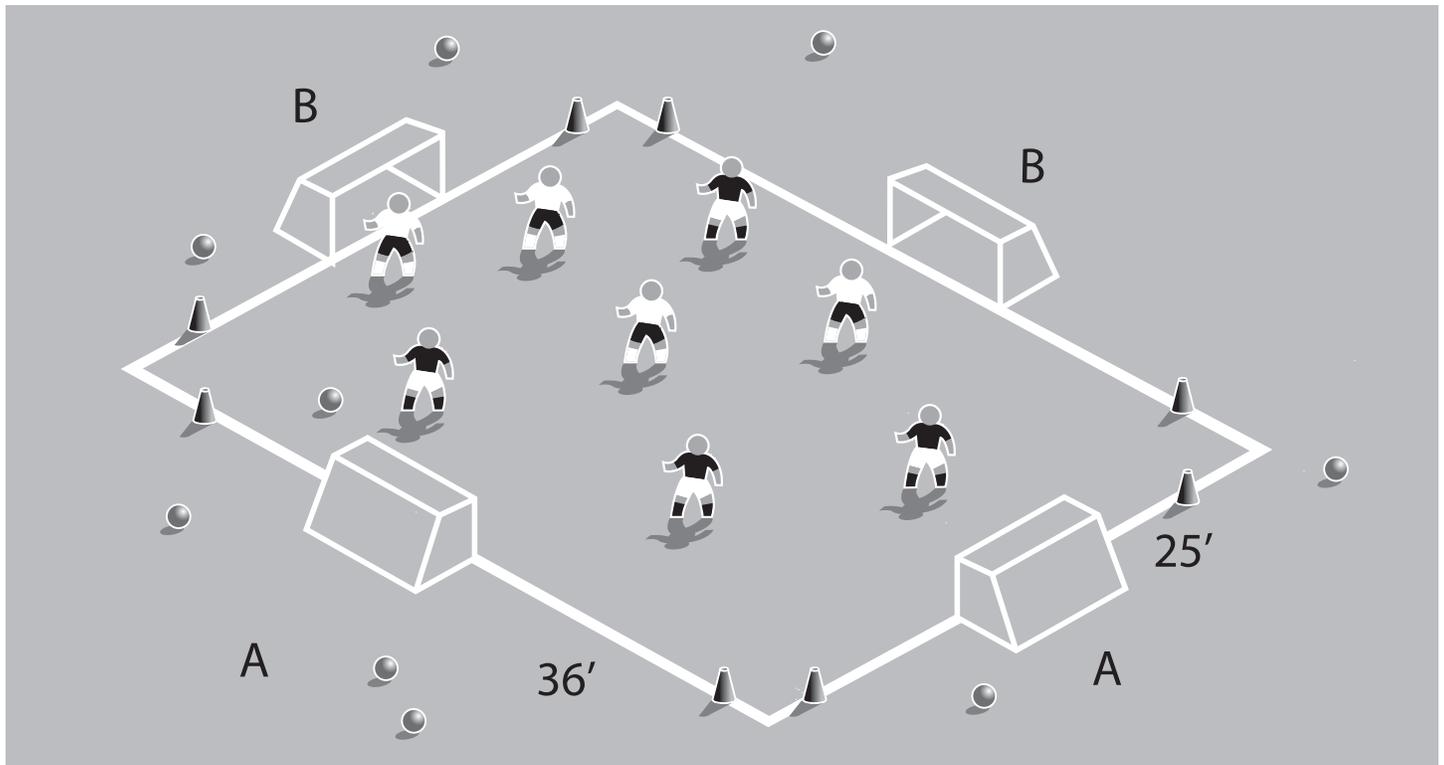




GAME TO FOUR GOALS

(AGES: 9-14)



THE GAME: This game is used for U-10s to get them used to looking both ways, for U-12s to recognize numbers up and numbers down situations and for U-14s to switch the point of attack and speed of play. It could be also used to improve the defenders shifting and narrowing the field

Set up the field by dividing players into two teams of four players each. Both Teams defend and attack two goals. The game lasts 20-30 minutes and the object of the game is to score on two small counter goals. The team that scores more goals wins.

FIELD SIZE: 25' long by 36' wide, with one 5' counter goal at each corner of the grid.

COACHING POINTS:

- First touch
- Preparation
- Looking both ways
- Playing the ball back then forward
- Coaching the movement off the ball by the two neutral players

VARIATIONS:

- U-10s – 4v4
- U-12s – 4v4 + 2
- U-14s – 4v4 + 2, the 2 neutral players must switch the ball whenever they receive it, everybody plays with a two-touch restriction.