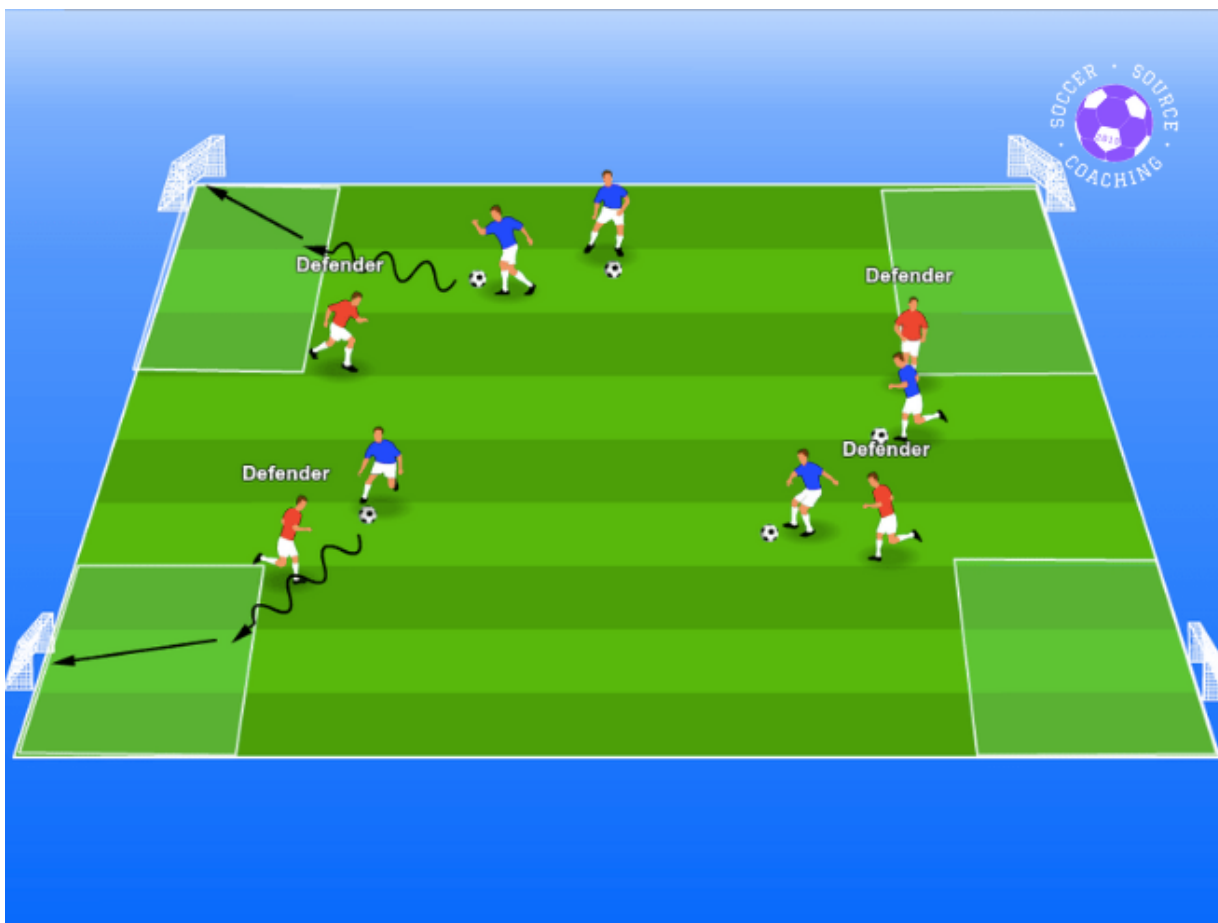


Goal rush game



How it works

Each player will have a soccer ball part from the 4 defending players.

The defending players will have to protect their goal from the other players scoring on them.

However, they are not allowed inside the smaller areas. Once a player has scored a goal they should dribble and try to score in a different

The player that scores the most goals will be the winner.

After each round swap, the defenders round to make sure everyone has a chance to be the defender.

Purpose

The purpose of this soccer drill is to encourage dribbling, quick turns and scoring goals

Set up

- 1 soccer ball per player
- 4 goals
- 15 x 20-yard area
- 4, 2 x 2-yard areas

Coaching points

- Dribble with your head up to see where the other players and defenders are
- Use the inside of your foot to try and accurately pass the ball into the goal

Questions

- What type of touches should you take to keep the ball close?
- What part of the foot should you use to shoot for accuracy?

Intermediate