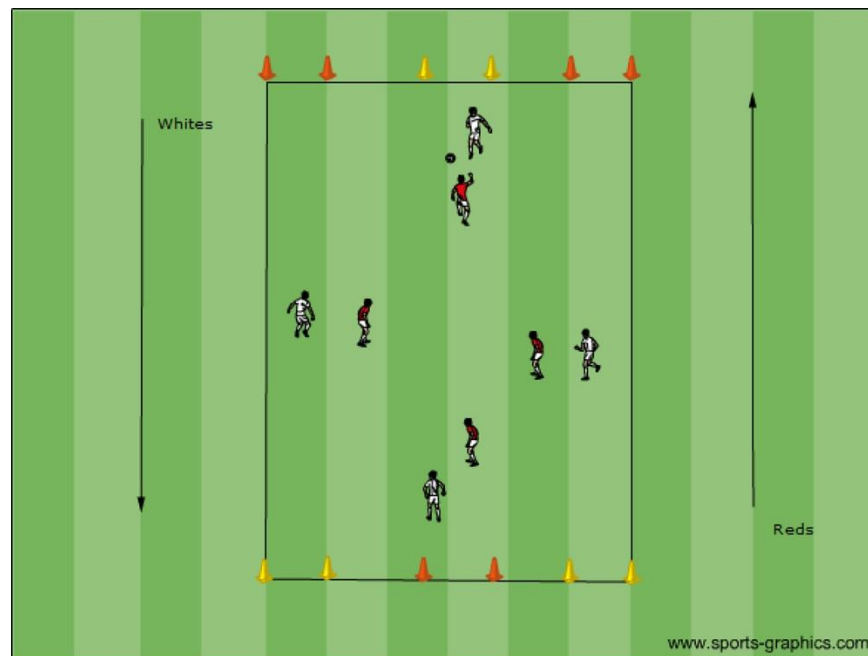


6 Goal Game



Organization

Two 4 versus 4 teams (Red's and White's in diagram above) are organized on a field 35 yards in length and 25 yards in width. The field features Three 4-foot wide goals laid out on the outside edges and middle of each endline as shown. Teams play for 3-minute periods and can pass and dribble as in a normal game. In order to score a goal, the team in possession of the ball must have a player dribble through one of its opponent's goals. When scored upon, the team that was defending retrieves the ball (or gets a ball from the coach) and immediately gets into attack.

Coaching Points

- Player on the ball should be encouraged to dribble to penetrate or dribble to keep possession.
- Players in attack should support the player on the ball by opening their body position up to see the field and be far enough away from the ball to not allow a defender on the ball to close quickly.
- The "team shape" should be diamond shaped in some fashion.
- When passing, the team in possession should keep the ball moving; playing away from pressure: forward, diagonally, backward and sideways.
- When approaching one of the three goals, players should look to beat their marking defender to score; when under pressure and not facing their goal, players should be encouraged to turn away from pressure and not turn into the defender.
- When the ball is lost, teams "transitioning" to defense need to chase back and get into goalside positions.

Techniques and Skills to Focus on

- Running with the ball at speed: ball is touched on instep or outside of the foot (sprint mechanics).
- Turning away from pressure and accelerating the dribble or pass out of pressure (pass for accuracy and weight).