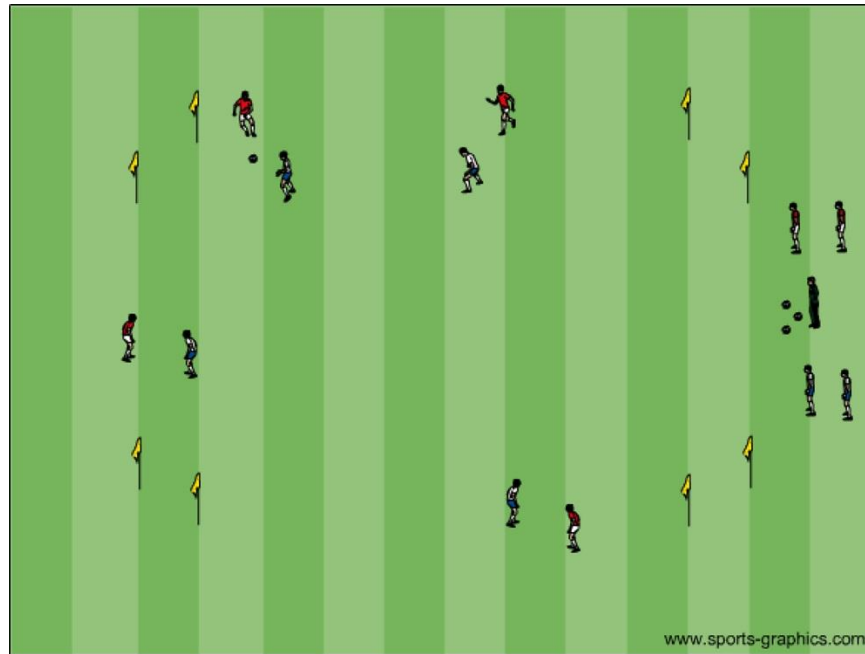


Multi Goal Passing Game



Description

The Multi-Goal Passing Game is a dynamic game involving short and long passing and plenty of running off the ball. In the diagram, the red's play the white's 4 v 4. The object in the game is to pass the ball to a teammate through one of the 4 goals (marked with cones,) which should be spaced 3 yards apart. The diagram shows the red's with the ball. If the white's win the ball, they immediately try to score.

Organization

The "field "should cover an area of between 35-40 yards. Scores should be kept between rounds and a round should last 2-3 minutes, with players being rotated at the end of each round. Goals can be scored from the "inside-out" or the "outside-in."

Coaching Points

As with other multi-goals games, changing the play and exploiting space is vital to one team's success over the other. It's also easier to score points if the ball is kept on the inside of the area and then passed through the goal towards the outside area of the playing space.