



## Goal scoring exercisesPart two

35x35 grid

Purpose- To score goals

Organization

Players are split into two's and marked A and B and are only allowed to play against each other.

The coach gives each pair a number for each goal. For example when the coach calls #1 the red team attack the goal marked #1

The black team would then attack goal marked #2 but this would be their #1

The white team would attack goal #3 but would be their #1

The yellow team would attack goal #4 but would be their #1

Each team therefore attacks a different goal when the coach calls a # between 1-4

The players play against each other in their two's and attack which ever goal the coaches call

Coaching Points

Attack quickly and with purpose

Do not try to walk the ball in-if you create space or an opening look to take the shot early

Encourage players to use both feet when shooting