



Goal scoring exercises Part three

20x30 area

Attacking and Defending

Organization

All players begin with ball at the side of the goal

The red player dribbles across the half line. When he/she crosses the half they are free to shoot on goal

As soon as the red player has taken a shot, the red player then becomes defender and the yellow player on the side attempts to dribble across the half way and get a shot on goal.

As soon as the yellow attacker shoots he/she becomes defender and the red attacker on the side comes out and begins the process again.

when the attacker has played offense and defense he/she goes back to their line

If the defender intercepts or wins ball they become the attacker

Game is played until a team reaches 10 goals

Players then change ends and play again

Coaching Points

Be aggressive and run at player hard

As soon as the player is off balance take the shot and be positive