



Goalscoring exercises part Six

Area 30x35

Organization

Players play 5v5 with no goalkeepers

Two teams play 5v5 with one team waiting to come on the field.

The teams play a normal scrimmage but with no goalkeepers

When a team scores the losing team goes off the field and the team waiting comes on the field

The winning team always attack goal A and the team coming on always attack goal B

The team entering the field always starts with possession of the ball

First player back to the goal can use their hands to stop the ball but are not allowed to catch the ball

Play for a set period of time (10 minutes) winning team is the team who scores the most goals

Coaching Points

Communication

Shoot early and often

Ask players to play as if the game is a scrimmage