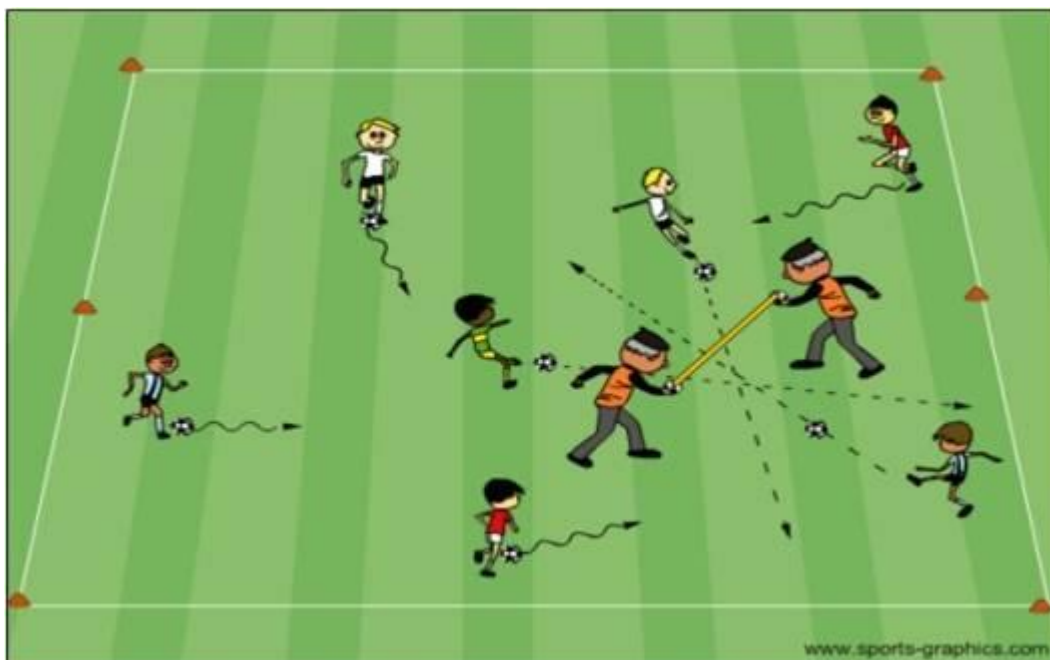


6 & up Moving Goal



Key Points

Head up
Change of direction

Description

All players are dribbling a soccer ball in a 15x20 yard grid. Two coaches hold a practice vest (penny) between them, forming a goal. The players must try to kick their ball through the goal.

Coaches: Move around into open space so that the players have to dribble around and kick their ball through a moving target.