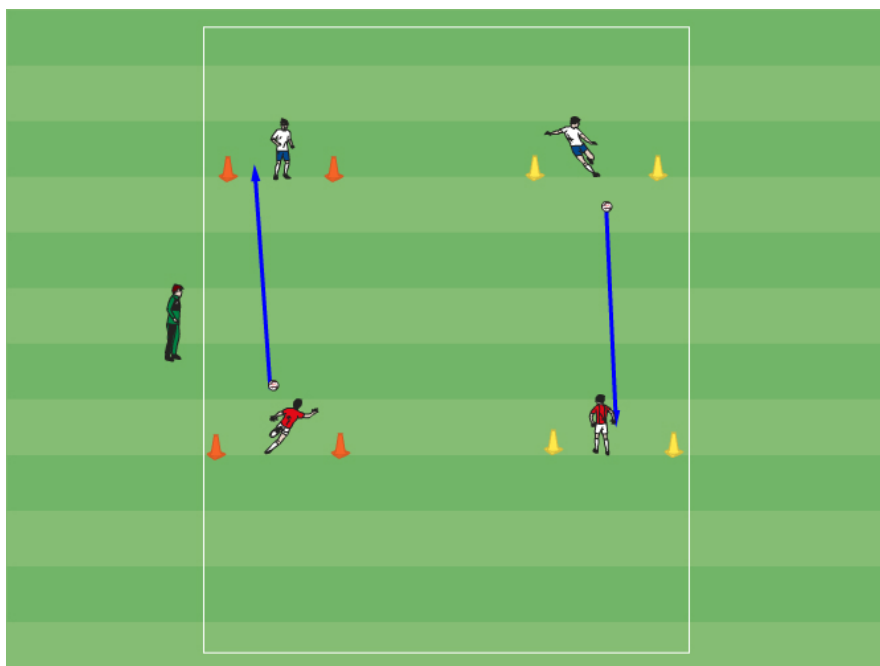




TRAINING EXERCISE

Goal to Goal



	Shooting
	Ball Control
	Reaction
	Basic Motor Skills
	U5 to U8
	12 Players
	balls/cones
	Intensity: 3
	12:00 min (6 x 01:00 min, 01:00 min rest)

Objective

To develop striking the ball with the instep or laces. To develop the mentality to score goals. Encourage "bridled" competition.

Description

Two players, one ball, cones. Each player makes a small goal with cones/flags, etc. The goal should be approximately 5-7 steps in width. Each player is approximately 10-20 yards apart from each other. Going one at a time, players take turns to score against each other. The player striking the ball must do so in no more than two touches. The player not striking the ball must stay on their goal line and can block the ball with anything but their hands. Exception is if they need to use their hands for safety reasons. Variations: A) Players are instructed to always strike a moving ball. B) Player striking the ball has to lie down and then get up to strike a ball.

Coaching Points

Striking the ball with the instep or laces. Non-kicking foot is next to the ball or slightly ahead of it. Arms out for balance. Head and shoulders over the ball. Land on the striking foot.