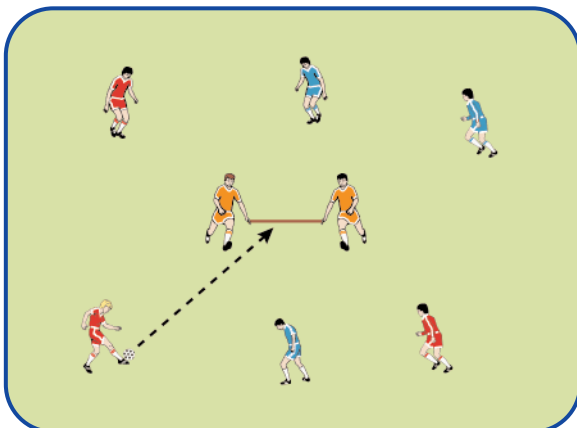


Moveable Goal



Activity Organization:

You need a broom stick about 6' in length. Divide players into two equal teams on a half or full field. One player from each team holds the broom stick to make the goal. The players holding the goal are neutral and are allowed to run anywhere on the field to prevent getting scored on. Play as any other small-sided game. The team in possession tries to score and the other team defends. The only difference is the goal may be there one second and somewhere else the next.

Change goals posts every 3-5 minutes

Implications for the Game

Technical

- Dribbling
- Passing
- Receiving
- Heading
- Shooting

Physical

- Cardio respiratory endurance
- All the physical demands of a game

Tactical

- Transition
- Changing point of attack
- Organizing and re-organizing attack and defense

Social/Psychological

- High motivating team activity

Related Activities

- Touch the Cones
- Four Corners