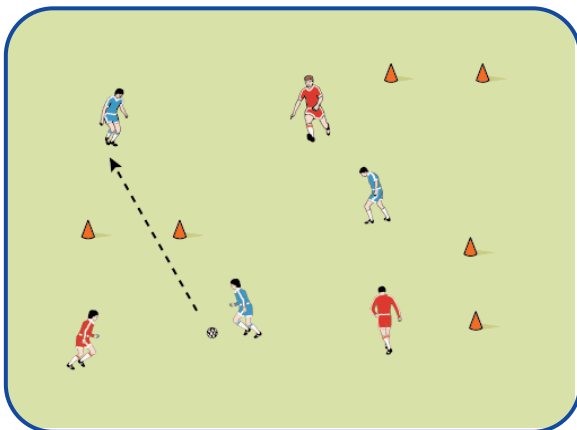


Many Goals



Activity Organization:

Play on a half or full field. Using cones, set up random goals approximately 5-6 yards apart throughout the field. Divide players up into groups of 5-8, with a ball in each group.

This small-sided game is played for team possession and pass completion.

The team in possession tries to score goals in the cone goals or the large goal. However, a goal in the cone goal only counts if a teammate is on the other side and cleanly receives the ball without an opponent taking or knocking it away.

Score one point for every goal scored in a small goal and two points for the large goal. You can use goalkeepers.

You may also want to try to play with more than one ball.

Implications for the Game

Technical

- Dribbling
- Passing
- Receiving
- Heading and shooting all under pressure of an opponent and at match speed

Physical

- Cardiorespiratory endurance along with all other physical demands of a match

Tactical

- Transition
- Changing point of attack
- Support on the ball
- Releasing pressure off the ball
- Playing to teammates feet
- Receiving under pressure
- Teamwork

Social/Psychological

- Teamwork and group identity
- Field vision

Related Activities

- Touch the Cones
- Balls Galore
- Four Corners