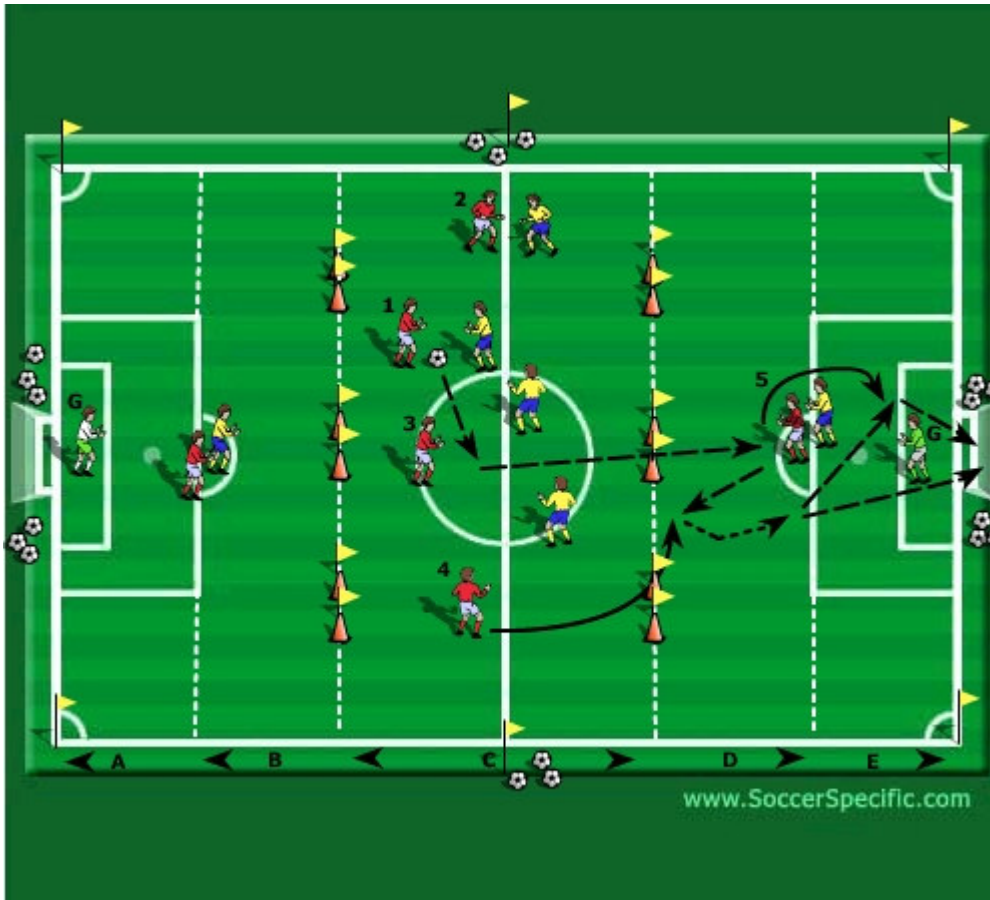


Six Goal Game Progression Adding A Forward and Defender

Emphasis: Timing of runs, possession in the attacking and middle 1/3rd. Communication, field awareness, attacking, defending and finishing.



Set-up:

Full field with a central grid 30 yards long x full width of the field. Six mini goals are created using cones and flags. Divide the players up into two equal teams. Have an additional team ready to come on after 4 minutes has elapsed to replace the losing team. One player from each team is positioned in each end zone area (center forward and defender). Each mini goal should be 5 to 7 yards apart. Goalkeepers are in each goal. A supply of balls is placed next to each goal. Depending on what system of play you are currently employing would determine how many midfielders you would start with. The end zone behind each goal should be 5 to 7 yards deep.

Objective:

This exercise teaches players to time their runs as well as the importance of possession in the middle 1/3rd and final 1/3rd of the field. Both teams compete for the ball and try to score by dribbling or passing through the mini goals. In the above diagram, player (1) passes to player (3) who finds player (4) checking to the ball. Player (5) is making a perfectly timed run to receive the lay-off from (4). The goals act as a natural offside line. Players may not be waiting behind the goals or it becomes the opponent's ball. The defending team may not chase the attacking players into the end zone. Once a team has found the end zone successfully the forward combines with the attacking player coming out of the midfield. This creates a 2 vs. 1 to goal. Players need to work for each other creating space. Emphasis may be shifted toward the defending side of the ball versus the attacking side. In that case the emphasis is put on communication, pressure on the ball, immediate support cutting out all paths leading to the goal.

Progression:

1. Put in the restriction you may only score off of a pass that has penetrated the mini goal and has been collected on the other side of the goal.
2. As play becomes easy add restrictions, before you can go to goal it must come off of a 1 time pass, 3rd man combinations, a double pass, an overlap, a spin move or a give and go.
3. The final phase would be to allow the team who has successfully scored to turn and now attack the opposite 3 goals.

Coaching Points:

- Vision.
- Having good field awareness and vision around you is all important but one must be able to connect their pass to be successful in this exercise.
- Mobility on both sides of the ball.
- Possession - Don't give it away or you will have to defend 3 goals.
- Communication both sides of the ball.
- Be precise with your passes.
- Support on both sides of the ball.