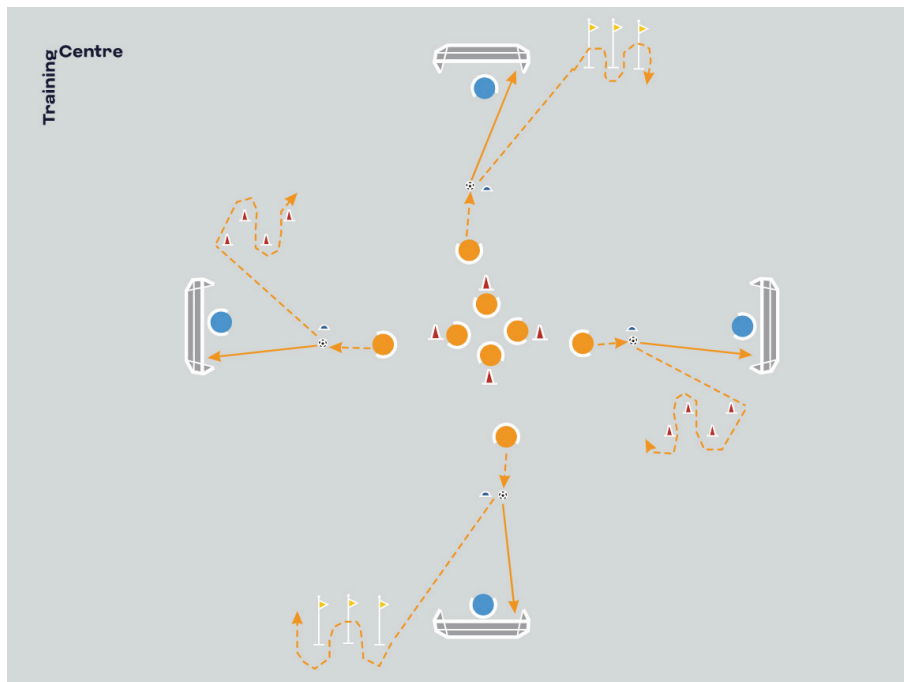


## Exploiting goal-scoring opportunities

### WARM-UP: SHOOTING CIRCUIT



#### Organisation

- Group of players start in the middle of four goals with goalkeepers
- Players take a shot at the goal, then complete agility task before moving to the next goal in a clockwise direction
- You might use four players behind goals to collect and return balls if there are no nets
- You can make four players at a time race to complete the circuit first and with as many goals as possible

#### Ways to make the exercise easier

- Take shots closer to the goal
- Strike the ball when it is not moving

#### Ways to make the exercise harder

- Take shots further away from goal
- Strike a moving ball

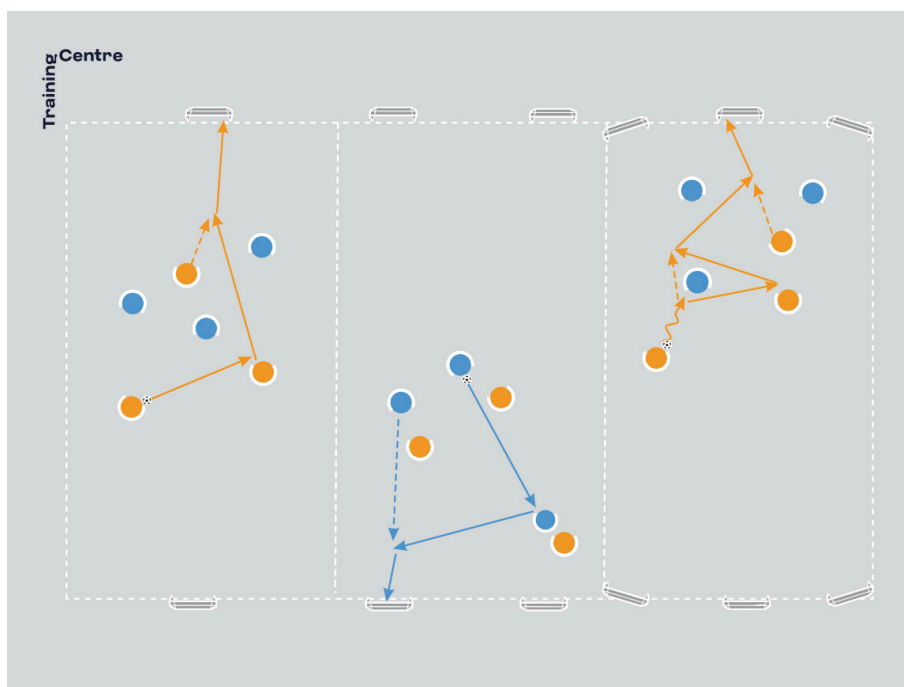
#### Great questions to ask the children

- Can you think about the type of shot – power or accuracy?
- Can you take advantage of any rebounds?
- Can you try to shoot with both feet?

#### Safety tips

- Make sure all players move in a clockwise direction
- Make sure goalkeepers concentrate on shots and the areas are clear

## SKILL DEVELOPMENT: 3V3 WITH DIFFERENT NUMBER OF GOALS



### Organisation

- Organise mini-matches of 3v3, but each pitch is different
- Pitch 1 has one goal each end, pitch 2 has two each end and pitch 3 has three each end
- Children move from one pitch to another to work out the best way to score goals on each pitch
- All pitches are one-directional

### Ways to make the exercise easier

- Goals can be as big as possible

### Ways to make the exercise harder

- Goals can be made smaller or different sizes

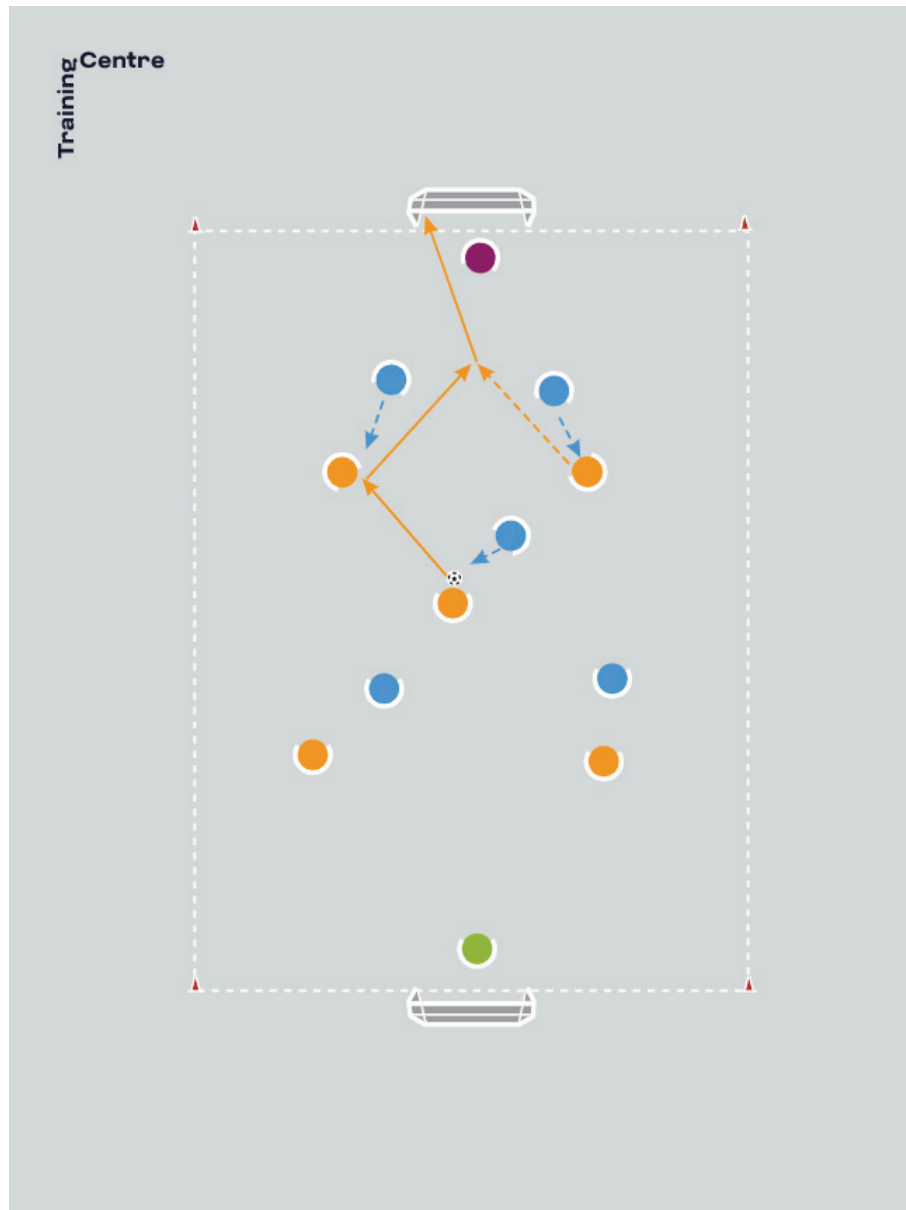
### Great questions to ask the children

- Can you adjust quickly to each pitch?
- Can you work out the best way to score on each pitch?
- Can you work out the best way to defend on each pitch to protect the goal/goals?

### Safety tips

- Create a safe zone between each pitch

## GAME APPLICATION: 6V6 GAME



### Organisation

- Two teams of six to play in a formation
- One goalkeeper, two defenders, one midfielder, two attackers
- Also allow the players to make up their own formation and see how it works
- After two or three minutes, ask the players to rotate their positions so they all get to play in all positions during the match
- At the end of the game, ask them which position they liked best and why

### Ways to make the exercise easier

- One team can have more players than the other

### Ways to make the exercise harder

- One team has fewer players than the other

### Great questions to ask the children

- What qualities do you think certain positions need?
- Which position do you think you are best at and why?

### Safety tips

- Create a space between pitches if more than one game at a time