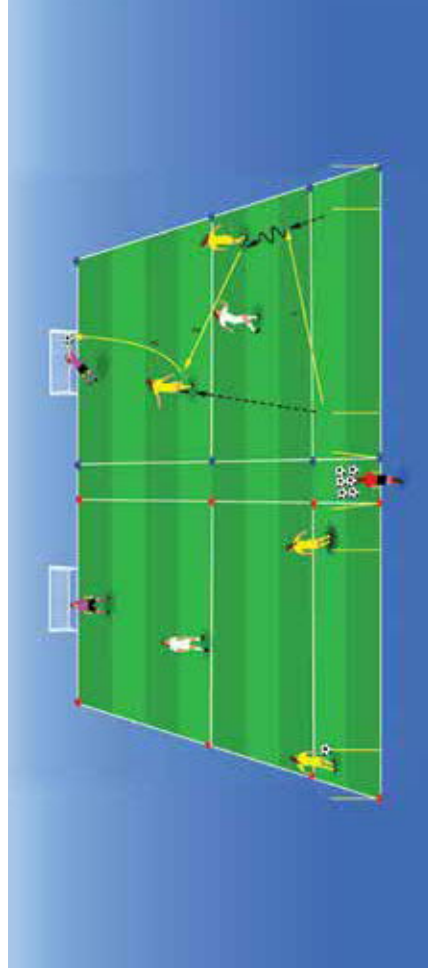


STRIKING THE BALL

15-20
MINUTES

Application: Mini-Games

Passing accuracy | **Interception**



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Suggested equipment list:

- 20 cones, 17 balls, 8-12 portable poles, 2 sets of bibs, 2-4 portable goals

Grid size:

- Create 3: 15 x 20 metre grids with a goal on one end and two side goals on the other end (guide only)

Explanation:

- Split participants into groups of 4: 2 attackers, a defender and a goalkeeper
- An attacker (yellow) starts the game by passing to their team-mate
- As the first pass is made, the defender (white) may move from starting position to apply pressure on attackers
- Attackers aim to combine and score past the goalkeeper
- If defender wins the ball, he/she can score by striking the ball through any of the two side goals

Scoring system:

- 1 point for a goal. 1 point for GK for every save made
- 2 points for goal scored after combining with at least three passes
- 3 points for defender to win the ball and score in the side goals

Variations/Progressions: C.H.A.N.G.E.I.T. (refer to page 56)

- 3v1 duels or 2v2 duels (bottom picture)
- Attacker/s and defender/s start from different angles and distances

Key Coaching Points:

- See Key Coaching Questions & Key Coaching Words on pages 74 and 75