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#### ***Procedure:***

The team in possession can score one point by playing the ball through a small goal (blue cones) or two points by playing the ball through a large goal (orange cones). Two goalkeepers guard the three large goals, and they are free to rotate to any of the large goals during play. Players are allowed to run thru the goals during play, and the game is re-started with a kick in when the ball goes out.

#### ***Coaching Points:***

- 1 Decision Making** – When a defender closes down a goal, turn away from that goal and maintain possession.
- 2 Changing the Field** – When one side of the field closes down, switch the play with a long pass to a player in space.
- 3 Transition** – Anticipate changes of possession and get moving before your opponent does.

#### ***Progressions/Regressions:***

**Progression 1** – Players must dribble thru the small goals to score one point.