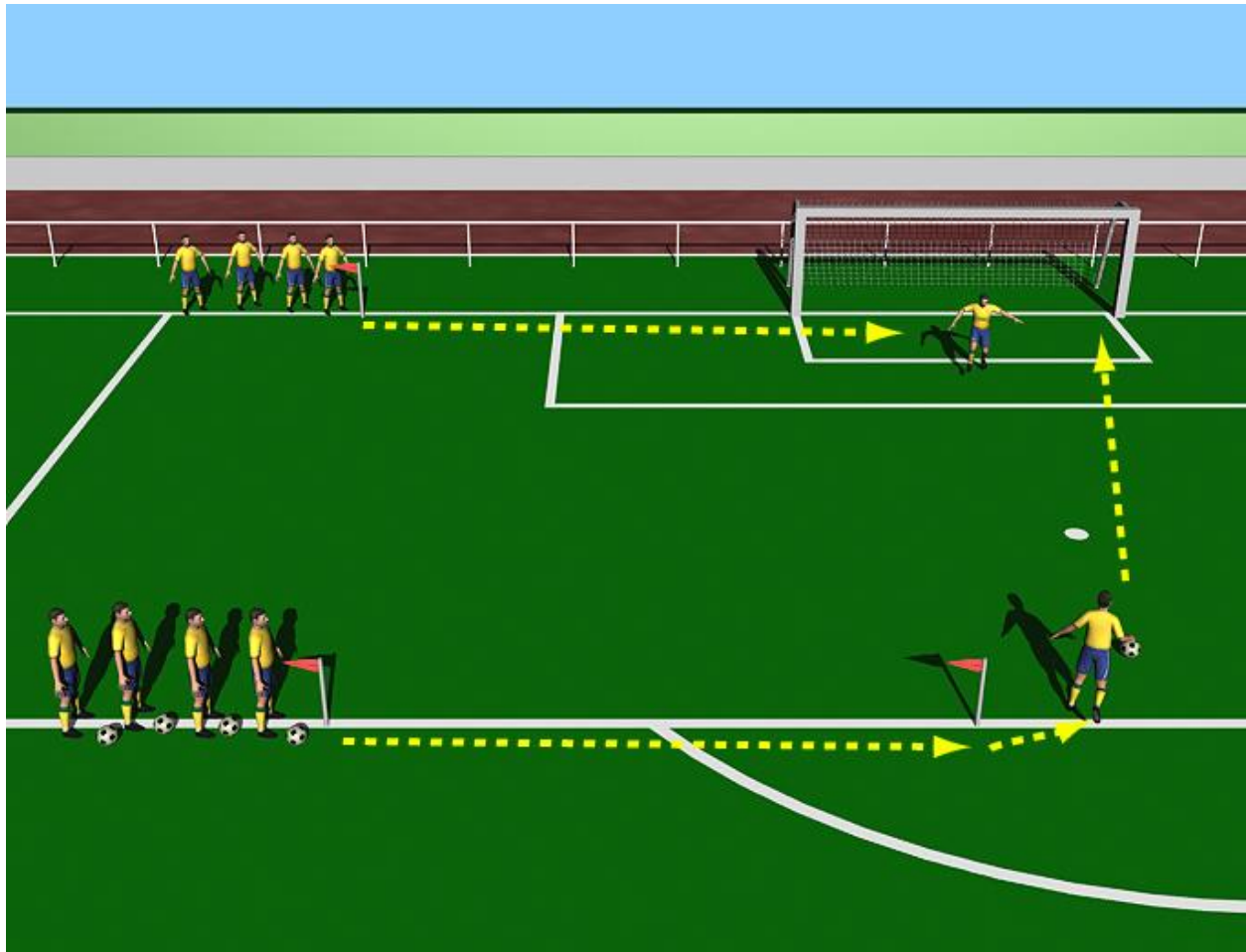


Clear the Goal Game



Exercise Objectives:

This is a fun shooting and defending game (especially if you don't have a goalkeeper available)

Coaching Pointers:

Divide the entire group into two teams. Position the defending players at the flag pole on the end and position the attacking players at the flagpole on the corner of the edge of the box (as in diagram above). The attacking players have a ball each. The practice starts when the first attacking player touches the ball. As soon as he takes his first touch, the defending player must run into the goal and defend the shot. The defender cannot use his hands or attack the defender. The attacking player cannot shoot until he gets around the flag pole in the middle of the penalty area. He only has "one touch" after gets past the flag to shoot. Reverse roles after several minutes. Keep score and make a competition out of the game.

Focus on:

- ☆ Use the inside of the foot to clear the ball, lots of contact.
- ☆ Use your Chest, Head
- ☆ Get in line with the flight of the shot as quickly as possible.

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