

TRICKY GOAL LINES

Best suited for ages 7-9

One at a time, attacking players with a football enter the playing area and quickly choose one of two possible goal lines to run over before being dispossessed of the ball. Play in groups of 8 to 12.

SESSION 4

• MIDDLE / 10 MINUTES

EQUIPMENT

• 1 football per player on the attacking team; 1 set of marker cones (30)

WHAT TO DO

Setting Up

- Organise players into two groups at diagonal points of the playing area;
- Attackers line up behind a marker cone with a ball each;
- The defender must wait for the attacking player to pass through a gate before entering the pitch.

Playing

- Attackers attempt to run with the ball over a selected line before being dispossessed of the ball;
- Scoring:
 - the attacker runs the ball over a goal line = one point;
 - the attacker scores a goal = bonus point;
- Swap roles when all attackers have had a turn or after each play.

WHAT TO LOOK FOR

- Are the players waiting in line still engaged?
- Is the objective being achieved?

SUGGESTED CHANGES

- Add another attacker to create a 2v1;
- Modify goal sizes to increase/decrease challenge.

Objective:
Run with the ball,
1v1, strike the ball

