

FOUR GOAL GAMES

On target

KEY

MOVEMENT 

DRIBBLE 

PASS 

Overview

Encourage your team to play forward passes into the target man and then make supporting runs in order to receive a return pass to shoot.

Set up

- Pitch 40yds x 30yds
- Two mini goals at each end of the pitch

What you get your players to do

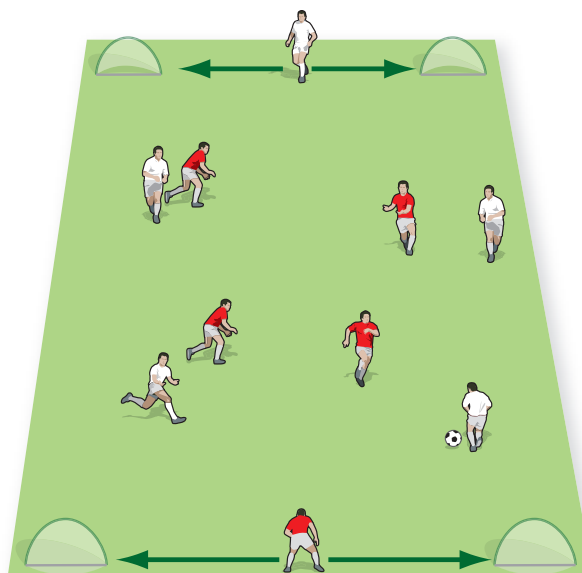
Each team nominates a target player to stand in between the goals they are attacking. The aim of this game is to pass forward to the target player and then run to receive a return pass in order to score in the opponent's goals.

Rules

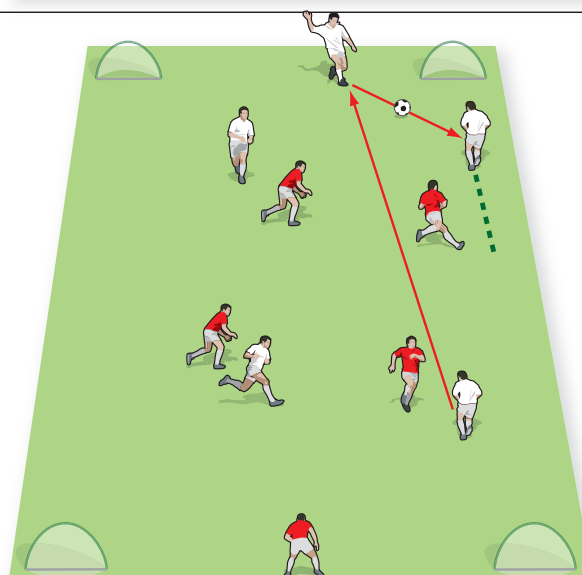
- The game is played for ten minutes
- The team must pass into the target player before they can score a goal
- The target player is only allowed two touches on the ball
- The target player cannot be tackled as they are outside of the playing area

Development/progression

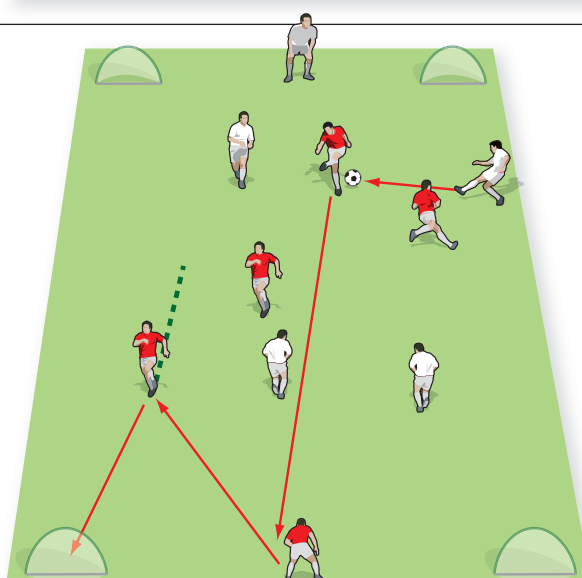
To increase the difficulty you can limit the target player to one touch. Now, the target player must pass immediately into the pitch which forces his team mates to make quicker forward runs to support him.



Each team nominates a player as the target man. The target man must work off the pitch and in-between the goals.



To score a goal, a pass must first be made to the target man who has two touches to set up a team mate to shoot.



If the red team can intercept a pass or regain possession, can they pass into their target man to score?