

Crash the Goal Game



Exercise Objectives:

This is a great warm activity that players love. It immediately sets a fun and competitive tone to your practice session. The drill places players and goalkeepers under challenging situations to win aerial balls.

Field Preparation

- Entire Group with Goalkeeper
- Full Size Goals
- Area 15 yards x 15 Yards
- Supply of Balls and Cones
- Five Colored Bibs

Coaching Pointers:

Place 2 goals approximately 15 yards apart. Two teams are inside the square. Identify each team using colored bibs. The object is to score a goal with a header or volley. The drill starts with one player serving the ball to his team from the side cone. The ball must be thrown in with pace. His team must crash the goal and try to score with a header or volley. After the attack the ball is turned over the opposite team to serve. Team can serve from any side. This is a fun activity using a lot of players. If Goalkeeper catches to ball he can throw is at the opposite goal to try and score.

Focus On:

- Attack the ball aggressively.
- Quality heading and volleying technique.
- Challenging for the ball.

