

Back to Goal Exercise



The Set-up: Play inside the penalty area. Divide the group into two equal teams with one player (or coach) acting as the server. Have plenty of balls.

The Exercise: The movement begins when the first white player in line touches the post. This is the visual cue for the server to enter the ball. The white player “checks” to receive the ball from the server. As the ball is being played the first red player quickly moves out to defend. A 1v1 ensues.

Focus on: Receiving while under pressure, entry pass, closing the space, 1v1 attack, 1v1 defending, Finishing and Communication (keeper to defender, server to attacker)

Teams should switch roles after a set time (3 minutes). Keep score!

1st progression



