

SESSION PLAN

FIVE GOALS, FIVE WAYS



BALL:



TEAM 1:



TEAM 2:



GK TEAM 1:



GK TEAM 2:



GOAL:



OBJECTIVES

Players will develop their understanding of:

- the different techniques they can use to score
- effective communication with teammates
- healthy competition.

ORGANISATION

- Set up an area appropriate in size for your players
- Put a goal at each end
- Separate the players into two teams (here we have 6v6)
- Place a goalkeeper in each goal
- Put a whiteboard and a pen at the side of the pitch

HOW TO PLAY

- On the whiteboard, write down five different ways to score (e.g. left foot, right foot, header, volley, nutmeg)
- Play a normal match, the only difference being that players are trying to score using each of the five methods
- When they score using one of the methods, they tick it off – or write their name against it – on the whiteboard
- The first team to score using all five methods are the winners
- Instead of having to tick all five methods off, you could allocate points to each one and challenge players to score as many as possible – the team with the most points at the end are the winners
- Rotate the goalkeepers regularly
- To make the game easier, you could: play without goalkeepers, make the pitch bigger, introduce zones out wide where players can cross unopposed
- To make the game harder, you could: introduce a one-touch finish, make the pitch smaller