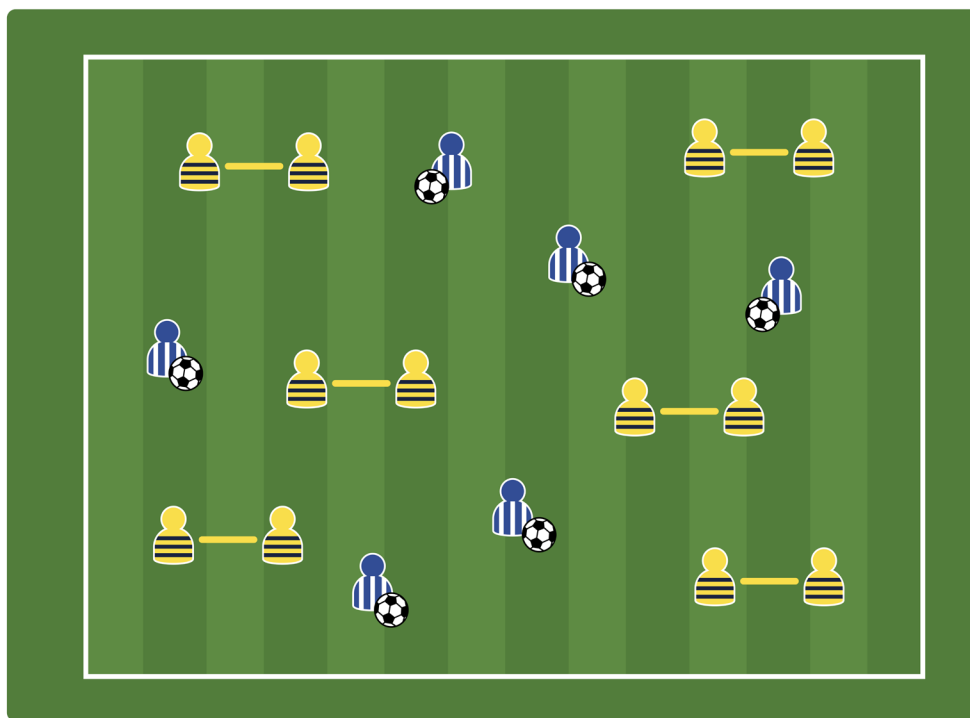


SESSION PLAN

HUMAN GOALPOSTS



Ball:



Goalscorers:



Human goalposts:



Crossbar:



OBJECTIVES

Players will develop their understanding of:

- how scanning informs timing and movement
- passing or shooting while on the move
- effective communication and teamwork with a partner.

ORGANISATION

- Set up an area appropriate for your players
- We have 18 players split into two teams – but adapt the practice to suit your numbers
- One team has six players, each with their own ball – these are the 'goal scorers'
- The other team has 12 players who pair up to create 'human goalposts'
- Each pair of human goalposts holds a crossbar – a bib or stick works

HOW TO PLAY

- The goal scorers are trying to score as frequently as possible by passing or shooting through the human goalposts
- To make scoring difficult, each pair of goalposts can move around within the area
- Set a time limit, then rotate your players – this gives them a chance to play for both teams