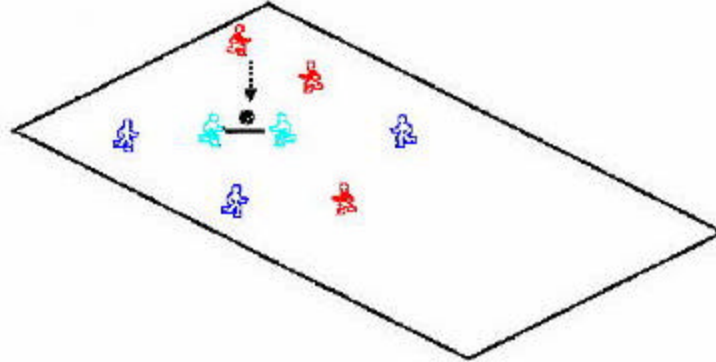


Moving Goal



Moving Goal Game

Two equal teams. Select two players to become the "moving goal". These players take the ends of a rope or beach towel and stretch it out as they move around the space. The other players play a game trying to score in the moving goal.

Coaching Points:

1. Players should look at the ball during shooting motion.
2. Strike the ball with the instep (laces) with toe pointing down and ankle locked. This will give the players a firm hitting surface.
3. Hips should face the goal.

Try These Variations:

1. Add two balls.
2. Add a second goal. With more goals, players will get more shooting chances and must play with their eyes off the ball. This will present more complex decision making.