

The Triangle Goal Shooting Game



The Game

- Set up a triangular goal in the middle of a 50 x 50 grid.
- Play an even sided game with both teams having their own keeper.
- Both teams try to score through any one of the three sides of the triangular goal.
- It is best to place the goal in the center of a 20 yard in diameter circle, with only the keepers allowed inside the circle.
- If the keeper catches the ball, his or her team must take the ball outside of the grid before they may attack again.
- Play with 2 balls for real excitement.
- Goalkeepers may become attacking players when their team has possession.

Coaching Points

- Attacking and defending principles of play.
 - Shooting
 - Finishing
 - Possession
 - Goalkeeper positioning, shot saving and distribution.
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