

Two Sided Goal



The Game

A 2 v. 2 game played to a two sided goal. Goals can be scored from either side. The game is a continuous flow game that is best played for 2 - 3 minutes.

Coaching Points

- A good warm-up or cool-down game to teach defending and attacking skills.
- Defenders must make sure they cover the goal as well as the attacking players.
- Defenders must work at channeling the first attacker away from their support.
- Attacking team must be good at combination play to unbalance the defense.
- As soon as the ball is lost, defending team must get goal side.
- Try to attack immediately when the ball is won.