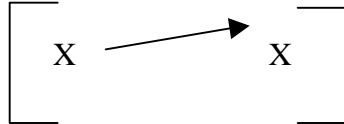


## GOALKEEPER WARS

**Organization:** Players are in pairs with a ball between the two.

**Structure:** Set up a mini soccer fields, 10 yards long with 5yard wide goals. You need a field for each pair.

**Procedure:** The players take turns shooting on each other from behind their goal line. The partner meanwhile tries to stop the shot by playing goalkeeper, then takes his shot. First player to score three goals wins and rotates fields.



**Coaching:** Shoot with the top of your foot, not your toe.  
Step into your shot and follow through toward your target.  
Keep your eye on the ball.  
Dive on your side, not on your tummy.

**Analysis:** Improves shooting and goalkeeping and mobility.

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## LINE PASSING

**Organization:** Divide the players into two teams with one ball for each team.

**Structure:** Each team is split in half and lines up across from each other like tug of war six yards apart.

**Procedures:** On the coaches' signal, the teams pass across the space through the gates to their teammates and follow their pass to the back of the opposite line. First team to connect 20 passes is the winner.

Options:

1. Right or left foot only.
2. Inside or outside of the foot only.
3. One touch or two touch.

