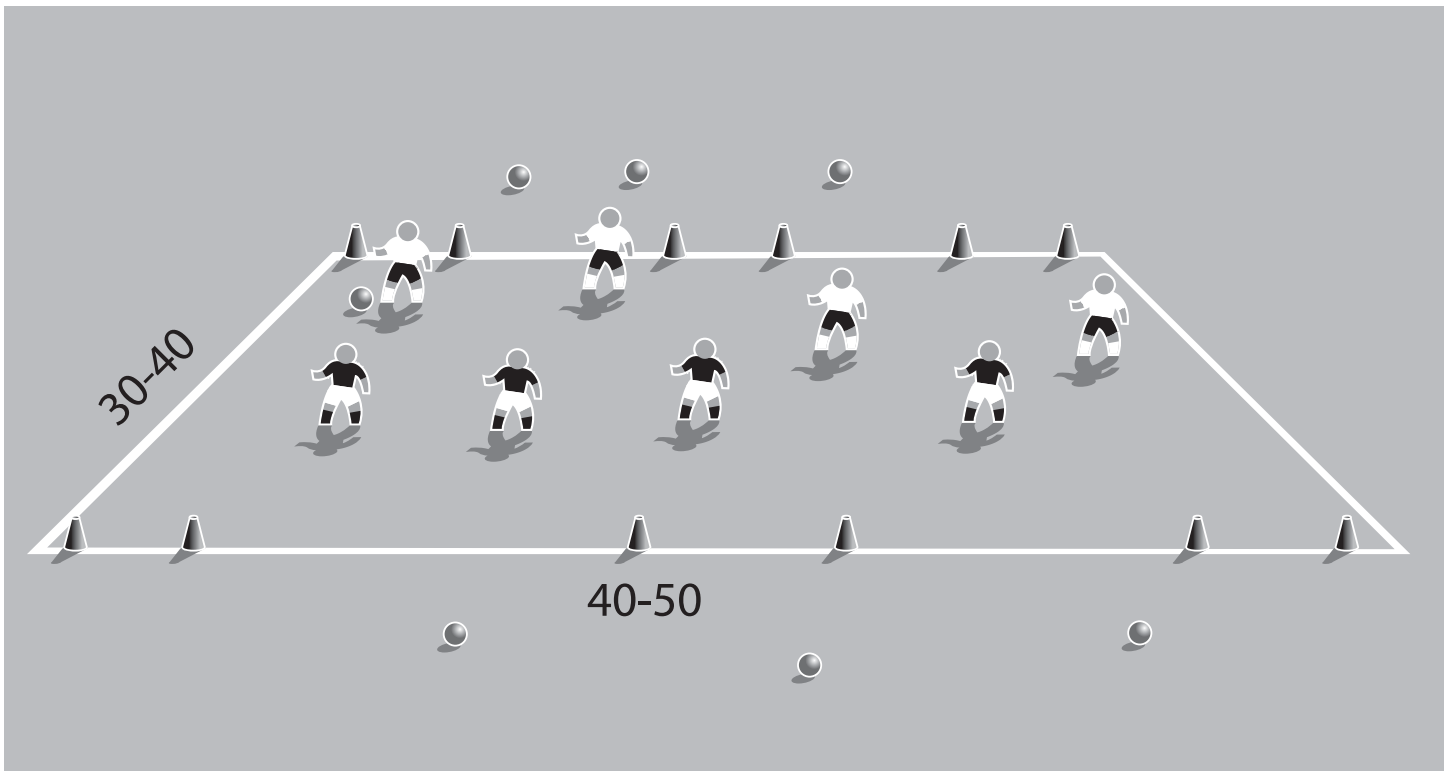




SIX GOAL GAME

(AGES: 4-6, 12)



THE GAME: Each team defends three goals and attacks three goals. Normal possession rules apply for balls that go out of bounds. Score is kept.

FIELD SIZE: 30'-40' long by 40'-50' wide

COACHING POINTS:

ATTACKING:

- Keep possession of the ball, make the defenders earn the ball instead of “giving” it to them
- Maintain good width to unbalance the defense
- Change the point of attack quickly

DEFENDING:

- Players much play a zone since defending three goals
- First defender must stay balanced and not “lunge” in, keeping the ball under pressure
- Make sure goals are covered first
- Provide good cover
- Keep spaces between the defenders tight
- Keep balanced as a team; if players overlap their zones, the attacking team will quickly switch the field and score

VARIATIONS:

- Play with four goals
- Play with no goals, scoring instead by dribbling the ball over the line or by stopping the ball on the line
- Play with a field that is longer than it is wider