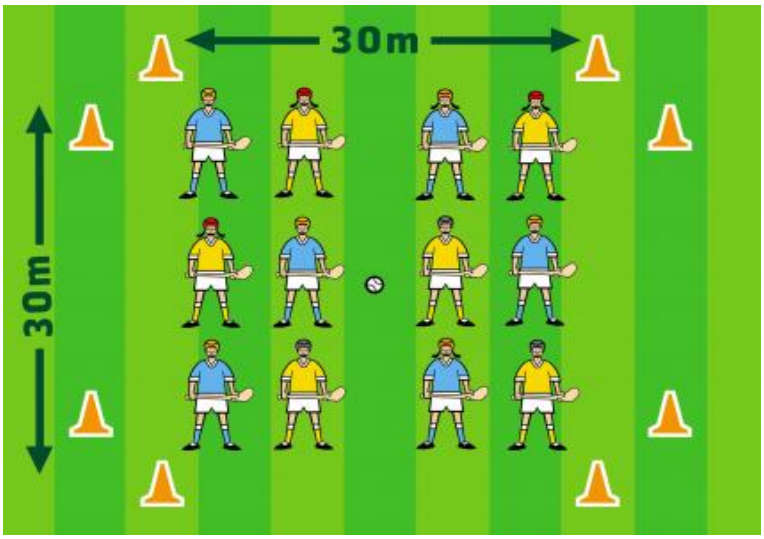
LEVEL 5

GROUND STRIKE ON THE RUN - FOUR GOAL GAME



EQUIPMENT LIST

- Cones
- Sliotar
- Stopwatch
- Whistle

This modified game focussing on the Ground Strike on the Run also incorporates blocking and dribbling and will aid the development of decision making and team play

Organisation

- Mark out playing area 30m x 30m
- Position a goal at each of the four corners
- Divide the players into two equal teams of four to six players
- Each team defends two goals but no goalkeepers are used

STEP Variation

Space - Vary the size of the playing area and the width of the goals to match the ability of the players

Notes