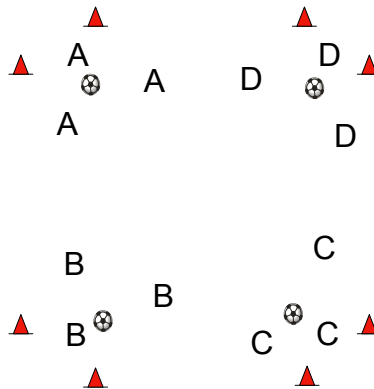




## Tactical Drill # 8: Goal Scoring/Quick Decisions



1. 4 teams, each with a ball and each defending one goal.
2. Each team can score into any of the other three goals.
3. After a goal is scored, the team scored on gets the ball.

### Coaching Points/Progression

Explain this drill and demonstrate with the teams who can score on what goal. This drill usually starts with some confusion amongst the players because four balls are in play, there is a choice of three goals to attack and it is possible that one defender could be attacked by 4-6 players.

This provides opportunity for some key coaching points:

1. Players must have a strategy - who defends their goal, which goal to attack.
2. Players of one team need to be aware of which goal has the least traffic in front of it and be prepared to change direction of their attack away from traffic and into space.
3. Loud, clear, and concise communication is essential.

It is possible that one team ends up with two balls. Two players who were attacking and one who was defending and was scored on. That means one other team does not have a ball and they need to decide which player to challenge (likely with two players) to win a ball.

### Coach's Notes