



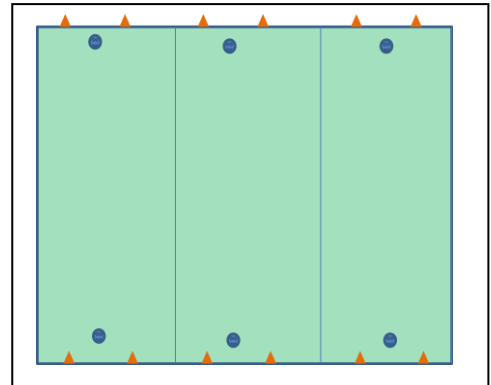
Goalie Wars

Objectives:

- Improve shooting technique.
- Improve shooting tactics.
- Improve goal keeping/control of ball.

Setup:

- All players in pairs with one ball between two.
- One goal per player marked with cones, corner flags, or whatever you have. Goals about 3-4 meters wide depending on age/skill and goals 7-12 meters away from each other depending on age/skill.



How to play:

- On 'go', the players with the ball, shoot to score against their opposite goalkeeper. If they score, they get a point, if they hit the target but the goalkeeper saves it, the goalkeeper gets a point, if the shooter misses the target, no one gets a point.
- Once the first shot is completed, the goalkeeper now becomes the shooter.
- Play continues like this until time is up, this could be 3-5 minutes. The player with the most points at game's end is the winner.

Key coaching points:

- How can we ensure the ball goes where we want it to?
 - Make sure the stick face is square when releasing the shot.
- Where can we aim to be more successful?
 - We can aim for the Backhand side of the goalkeeper.
- What can the goalkeeper do to be more successful at stopping the ball?
 - Stay low, keep out bodies behind the ball, and stick on the floor.

Progressions:

- Have a promotion relegation system, where if you win, you move up the grid, if you lose, you move down the grid.
- Make the goals smaller to make it harder, or bigger to make it easier.