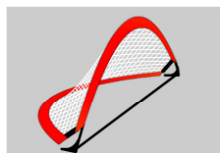


Infinity Medium Soccer Goal 3

EQUIPMENT



4 Infinity Medium (4 ft.) Soccer Goals



12 Disc Cones



5 Balls



1 Set of 5 Deluxe Scrimmage Vests

SKILL CATEGORY

Small Sided Game

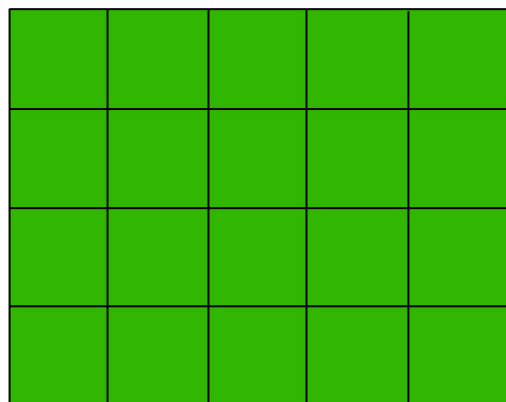
LEVEL

Intermediate - Advanced

PROGRESSION

1. The team that scores, maintains possession and attacks towards the opposite goal.

MEASUREMENT



50 x 40 yards

NUMBER OF PLAYERS



10-14 Players

COACHING POINTS

1. Movement to create space - Checked runs, crossover runs.
2. The quality of movement and support - Body shape, timing, angle and direction.
3. Quality of passing - Weight, direction and timing.
4. If shooting opportunity is not on, then create space and switch the play.



Infinity Medium Soccer Goal 3

KWIKGOAL

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KWIKGOAL

1

EACH TEAM ATTACKS TWO INFINITY GOALS POSITIONED AT ALL 4 CORNERS OF THE FIELD. **PLAYERS** CAN SCORE IN EITHER GOAL ENCOURAGING SWITCHING THE PLAY OF ATTACK. WHEN BALL GOES OUT OF PLAY, TAKE A THROW OR PASS IT IN

KWIKGOAL

SOCCER TUTOR.COM

KWIKGOAL

2

VARIATION: THE TEAM THAT SCORES, MAINTAINS POSSESSION AND ATTACKS TOWARDS THE OPPOSITE GOALS

VARIATION 2: MUST MAKE 5 CONSECUTIVE PASSES BEFORE ATTEMPTING TO SCORE

KWIKNOTES

