

Stage III: Expanded Activity **Service from Goal Line - U12 thru Adult**

Setup

40 x 40 yard area with 2 full sized goals. Line cones 12 yds out from each goal. Place extra balls behind each goal, goalkeepers put ball into play. Divide players into teams of 3 (3 or 4 different bib colors). This is a Stage III activity, try and use natural stoppages to make coaching points rather than freezing the game.

Sequence

- Divide into multiple teams of 3 players (3v3)
- If you have more than 2 teams, have the 3rd and/or 4th teams recover on the side. When a goal is scored, the scoring team stays on the field and the losing team changes with a recovered team.
- If a goal is not scored within 2 minutes, swap 1 or both of the teams.
- **Shots on goal must be taken from outside of coned line, except if goalkeeper gives up a rebound. See sequence in the diagram: 1 passes thru to 2, then 2 drops to 3 for a shot.**
- Goalkeepers distribute ball to restart play, or use a ball feeder.

Coaching Points

- Restrict touches for entire team or just the shooter, for example only allow a 1-touch shot on goal but unlimited touches passing elsewhere.
- Off ball runs, find space to receive a pass from a teammate.
- Players should be executing play at full game speed.
- Shots should be hard and on the ground, rebounds given up by the goalkeeper are live and should be finished into the net.
- Verbal and visual communication, goalkeeper and backs should be coaching the teammates in front of them.

