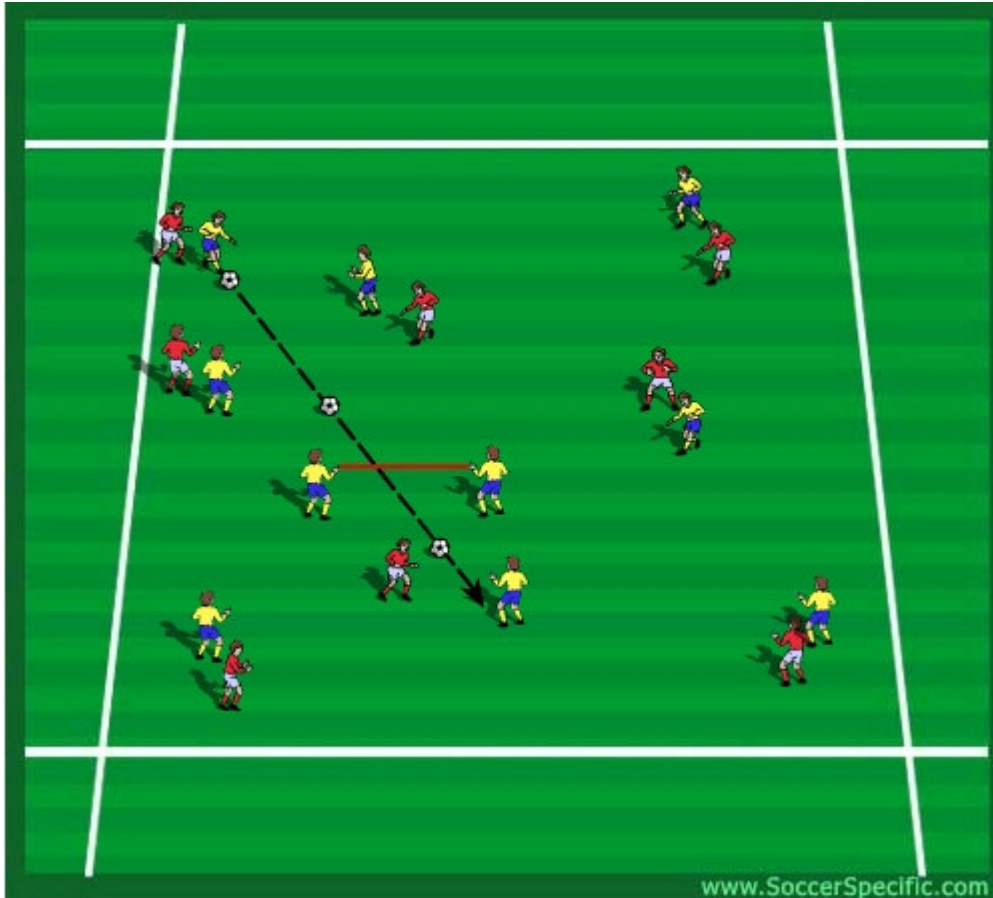


## Moving Goal

**Emphasis:** Players combining with teammates to score.



### **Set-up:**

Two players hold a scrimmage vest between them. Each player holds the vest tight with one arm forming a goal. The players are allowed to walk at a steady pace changing directions on a whim, making it a bit of a challenge for both teams to score. Divide the rest of the players into two equal teams. Change goal posts every three minutes. Only one ball is needed.

### **Objective:**

To combine with teammates and to score goals.

### **Progression:**

1. Players may only score by passing the ball through the goal which is then received by a teammate on the other side of the goal. A pass that is intercepted on the other side of the goal does not count as a goal.
2. If you score a point by making a goal, the team that scored must first pass it to another teammate before they can attempt to score again.

### **Coaching Points:**

- Communication between teammates
- Field awareness is critical
- Possess the ball
- Concentrate on accurate passing
- Go to meet the ball
- Support your teammates by giving good angles
- You must win the ball back quickly when you don't have it