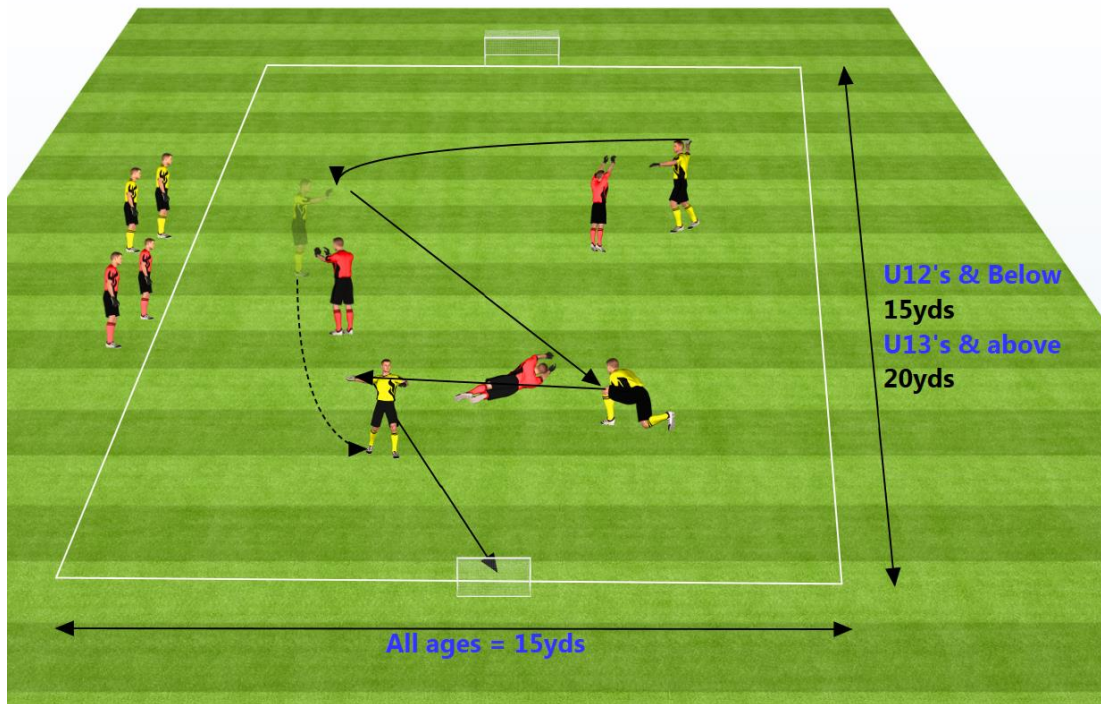


GENERAL HANDLING

Practice Objective

- ⚽ This practice is a great small-sided soccer game that focuses on throwing & catching in a game situation.
- ⚽ This is a fun practice and the players will love it!



Organisation:

- ⚽ 15 x 15 grid
- ⚽ 3 v 3 positioning game in a small grid relevant to age of GK's.
- ⚽ The ball can only be intercepted when it is in the air.
- ⚽ Rolling or throwing into opposition's small goal scores a point

Instructions:

- ⚽ Each game to be played for a maximum of 2 minutes before players are swapped.
- ⚽ Players can also be swapped after a goal is scored, under the control of the coach.

Coaching Points:

- ⚽ Lead with hands.
- ⚽ Palms and Chest facing ball
- ⚽ Soft hands
- ⚽ Be set as ball is delivered

Variations (C.H.A.N.G.E.I.T):

- ⚽ Smaller/ bigger goals.
- ⚽ Smaller/ bigger areas.