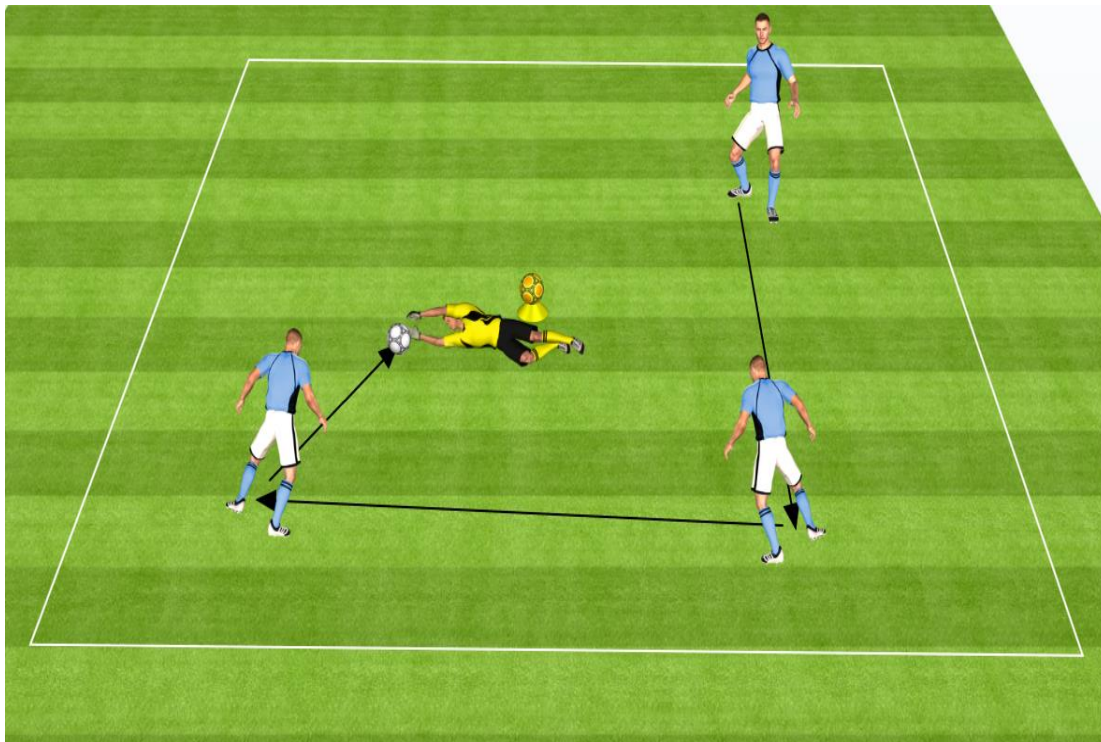


SHOT STOPPING

Practice Objective

- ⚽ This practice is a great small-sided soccer game that focuses on passing & goalkeeping in numbers up situations.
- ⚽ This is a fun drill and the kids will love it!



Organisation:

- ⚽ Set up a grid that is 12 X 12 yards. Organize the team into groups of four.
- ⚽ One of the four players should wear an alternate jersey and be the designated goalkeeper (guarder of the castle).
- ⚽ Take a ball and place it on the top of a disc cone in the middle of the grid, this will become the "castle".
- ⚽ If you do not have disc cones, a tall cone will work

Instructions:

- ⚽ It will be up to the 3 attackers to pass the ball around the goalkeeper in the grid in attempt to knock down the castle with a pass.
- ⚽ The castle is considered knocked down when the ball is knocked off the cone or the tall cone is knocked down with a pass.

Coaching Points:

- ⚽ Can you stay big?
- ⚽ Protect your goal.

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

- ⚽ Depending on the age level and skill of the players, make the grid bigger or smaller
- ⚽ If goalkeepers are standing next to the cone, you can build a 3 x 3 grid and not allow goalkeepers to step into that small grid.