



Goal up and/or down Game

Category: Tactical: Decision making practices
Difficulty: Moderate

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Description

Purpose is to educate players and team regarding tactical awareness in end of game situations, whether a goal up or down.

7v7 Goal up (5 mins)

7v7 (or similar) game. Suggest 5 minutes only.

Nominate 1 team to be 1 goal UP with only 5 minutes remaining in the game. Other team is 1 goal down.

Coaching Points:

- Team that is goal UP.
- Maintain compactness and composure when defending.
- Make sure opposition does not have ANY numbers up situations
- Slow the game down when possible.
- Look for quick counter attack opportunities.



7v7 Goal down (5 mins)

7v7 (or similar) game. Suggest 5 minutes only.

Nominate 1 team to be 1 goal DOWN with only 5 minutes remaining in the game. Other team is 1 goal up.

Coaching Points:

- Team that is goal DOWN.
- Must adapt high pressure defending at all times.
- Must get players forward to create numbers up situations.
- Need to play more direct in order to create (and take) more chances on goal.
- Intensity/workrate/commitment must be very high by ALL players

