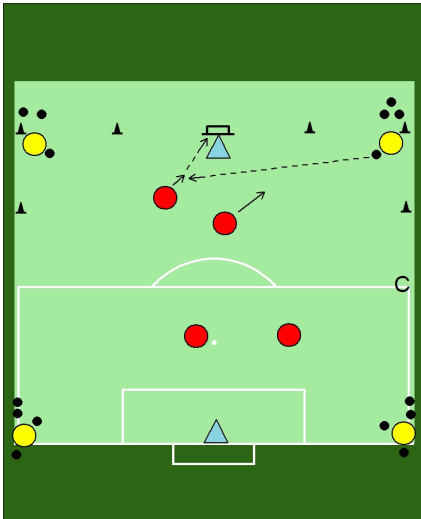




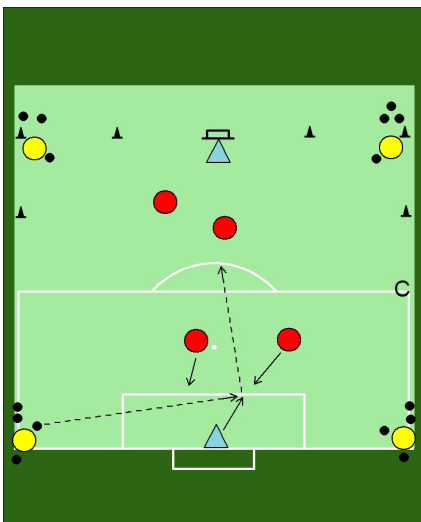
Goal fest



How it works

Play is set up as shown in the diagram with four red players acting as the goal scorers and the yellow players crossing the ball in for the 'goal fest.'

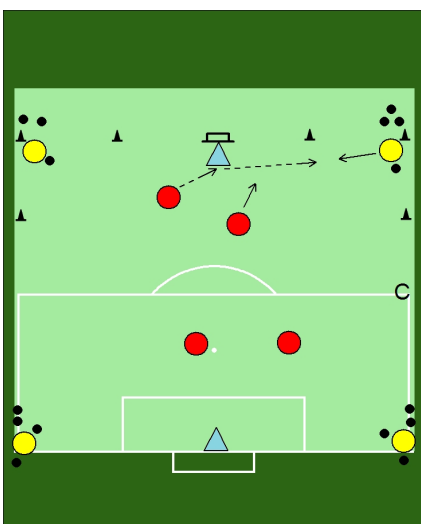
The coach or a yellow player begins the game by calling a number or name of a yellow player to cross the ball in for the red attackers.



In this diagram the ball has been crossed in and the goalkeeper has come out to punch the ball away.

As the ball has stayed in the playing area any red player can still shoot themselves at either goal or pass the ball to any of their teammates for them to do the same.

Play does not stop until the ball leaves the playing area or it is in the hands of the goalkeeper who would then return the ball to the yellow player who crossed the ball.



In this diagram a shot has been taken which the goalkeeper has parried away from goal and out to the side. In this case the yellow player can move forward and cross the ball back in to the same pair. Alternatively the yellow player could play a diagonal pass across to the other red pair for one of them to take a shot or head on goal.

Change the roles of the two teams and keep score between them to get a winner after 10/20 crosses each.

Possible changes

Add one defender to go between the two pairs or one for each side to add more pressure on the attackers.