

SWITCH SOCCER GAME

Use regular soccer field with a large goal at each end. Split group into two even teams, half will be goal keepers and half will be players.

Teams play 3 vs 3 (2 vs 2 if numbers are small) with 3 goal keepers. Goals can only be scored below knee level; the goals should be wide enough to make scoring easy. If the ball goes out of play the coach quickly throws another in to keep the game upbeat and action packed.

When the coach yells "Switch" the on field, players leave the ball and quickly become goalies; at the same time the goalies become players.

Goalies must stay in goal crease and are not allowed to use their hands, simply kick the ball out to keep the game moving.

Progression

Each player on team must perform a super skill before allowed to go score a goal.

Team must pass the ball 5 times (not consecutively) before they are allowed to score a goal.

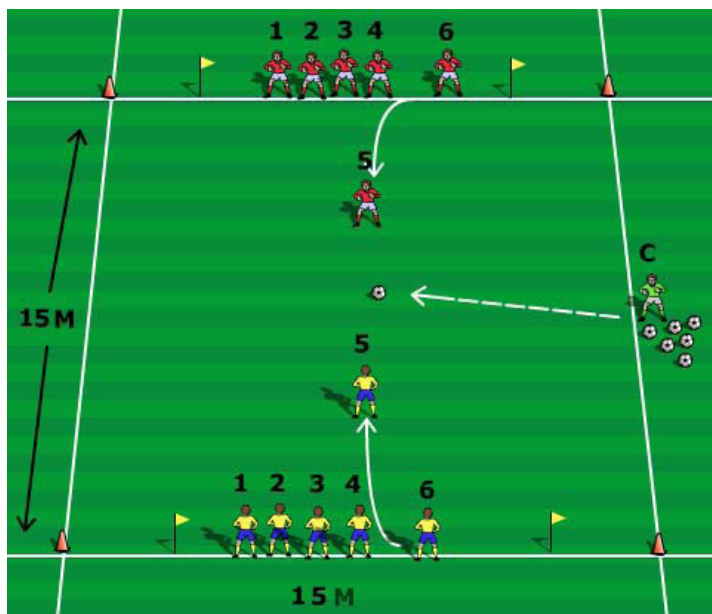
Coaching Tips:

Encourage players to pass to create scoring opportunities.

Encourage goalies to "team keep", staying together and creating a wall.

Concentrate – be ready for the quick and unexpected coaches call "Switch".

Coaches sometimes yell "Switch" quickly and at other times let the players tire themselves out, this way it keeps the players on their toes.



This picture is close, the only difference is there would be 3 players in the middle and 3 goalies on the line. The player also wouldn't be numbered