

The Point Game



Exercise Objectives:

This is a game designed to create a competitive cauldron amongst the players. Players are rewarded with points the more they win.

Coaching Pointers:

Divide your players into three teams and position them as in the diagram above. The team on the sideline will have fewer players e.g.: play 4v4 with a team of 3 on the sidelines. The game starts with 2 equal teams playing. First team to score a goal wins. Each player receives a point for winning. Record everyone's point total as you play games. Losing team leaves field (all but one stays on to make 4 players) this way the team that enters is never the same exact team. Play for 20 minutes total. Player with the most points (wins) at the end of the game is the champions.

Field Preparation:

Entire group
Area 20 yards x 20 yards
Cones or Flag poles
Small goals without goalkeepers or large goals with goalkeepers.

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