

Four Goal Soccer



Lesson Focus: to sustain a high level of cardiovascular activity while scoring on and defending the goal.

What you'll need

- Four nets.
- Four balls in four colors.
- Four vests in four colors for the goalies.

Skills to review and demonstrate

Keeping the ball close while dribbling.

Use the inside of your feet to dribble the ball.

Pay attention to those around you in general space by looking up.

Pass to open teammates.

Trap the ball before passing and shooting for control.

Getting started

Divide students into four groups by color (i.e. red, green, blue & yellow) and place each group in front of a goal.

Assign one from each group to be the goalie and one to help with defense.

Only the goalie wears a vest and may throw the ball toward the center after a goal.

You may use floor tape to designate a box in front of the goal.

Student performance objectives

Psychomotor: Students will demonstrate dribbling, passing and trapping with the proper form 80% of the time.
Students will demonstrate proper form when shooting for a goal 80% of the time.

Cognitive: Students describe the correct form for dribbling, passing and trapping 80% of the time.
Students can describe using a strategy to score goals 80% of the time.
Students will describe successfully defending the goal.



[Watch the Video](#)

Gym or large area activity for grades

3-5

Begin the game

Students may only use their color ball to score goals on any goal but their own. All players attempt to score goals by passing and shooting except the goalie and defense player.

Students keep track of how many goals they score individually. Every few minutes, stop the game and switch out the goalies, defensive players, and begin again.

Helpful hints

Do not allow body contact, pushing etc.
Stop and ask if anyone has scored one goal, two etc.

Recap

Why do you think it is important to look up while you are dribbling?
Why should the goalie stay on their feet during the game?
Why is it important to use your all your team when you attempt to make goals?

* Challenge! *

Your group must pass the ball to two players before taking a shot at the goal.

Count how many saves you make as a goalie.

National standards

Standards 1&2: Dribbling; Passing; Shooting and trapping; Strategy.
Standard 3: Actively participates; Cardiovascular activity.
Standards 4&5: Participates responsibly and cooperates; Enjoys the challenge and peer interaction.

