

# Hot House Quick Goals

## GameFocusResetProgression

1. 3 teams of players
2. Attackers always have an overload – 3v2 or 4v3 or 4 v 2
3. Coach throws ball in
4. Attackers win by scoring
5. Defenders when getting the ball have to pass out to the other group = 1 goal
6. 10 balls for each team – highest scorer is the overall winner
7. Goals scored in normal way but:
  1. Deflection (2 goals)
  2. Small circle (3 goals)
8. Keep cone scores

1. Speed of scoring
2. Different techniques
3. Utilise the overload – drag and drop
4. Push ball high fast for deflections

1. Goal or off the pitch then reset with ball from coach
2. Score with cones

1. Fixed number of balls per team
2. Time to score
3. Increase decrease overload
4. Remove corners from playing area to encourage focus on goal area

