

Moving Goals

1. Hold a pinnie between 2 coaches or parents. Move around slowly.
2. Individual players pass the ball through the moving goal.
3. Players in pairs pass the ball through the moving goal.
4. Add another goal with another player & coach or parent moving around. Players pass the ball through the goals as many times as they can.

Coaching point:

- *Get the players to swing their leg and stop the swing when the knee is level with the waist.*

