

COLOURED GOALS GAME

Setup

- Area: 20m x 20m (adjust based on numbers)
- 4 small goals (1 metre wide) made from cones or poles
- Each goal marked with a different coloured cone or bib
- Every player has a ball
- No lines

Phase 1 – Free Dribble & Call-Out Goals (7 mins)

How It Works

- 1 Players dribble freely inside the grid.
- 2 Coach calls out one or multiple colours in sequence (e.g., “Blue!” or “Blue, Orange, Yellow!”).
- 3 Players must dribble through the colours in the order called.
- 4 Continue dribbling immediately after.
- 5 Coach changes colours or combinations every 40 seconds.

Phase 2 – Add More Goals + Partner Passing (7 mins)

Players pair up.

How It Works

- 1 Player A dribbles through a called goal.
- 2 After passing through, they pass to Player B.
- 3 Player B dribbles to a new goal.
- 4 Repeat continuously.
- 5 After 2–3 minutes: Stop and ask, “How many goals did you complete?” Reset and try to beat their score.

Coaching Cues

- Head up!
- Find the space.
- Little touches.
- Change direction.

- Slow through the poles then fast out.
- Pass and move.
- Lead your teammate.
- Find a new colour.
- Can you use your other foot?

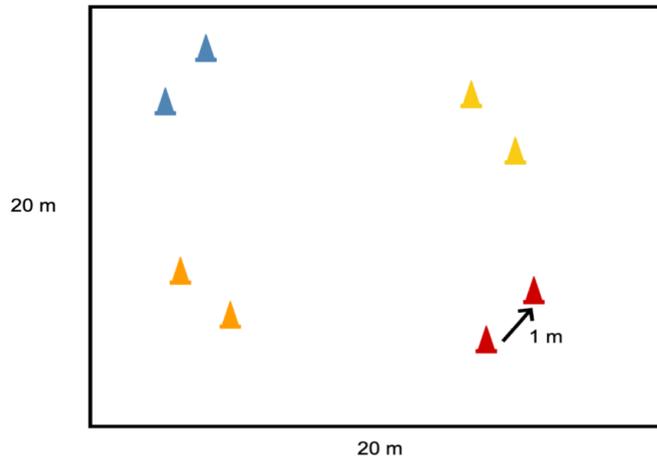
Progressions

- One touch pass back through the goals
- Use weaker foot
- Flick through the goals
- Time challenge (2-minute competition)

Adjustments

- If chaotic – Remove score counting and slow down colour changes.
- If attention drops – Turn into team competition or engage yourself in the drill and get them to follow you.

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Notes

- This diagram represents Phase 1 of the activity.
- Phase 2 is introduced by having players partner up
- Goals are placed in random locations within the 20m x 20m grid.
- Use whatever colour objects that are available, can be bibs hung on poles or cones.