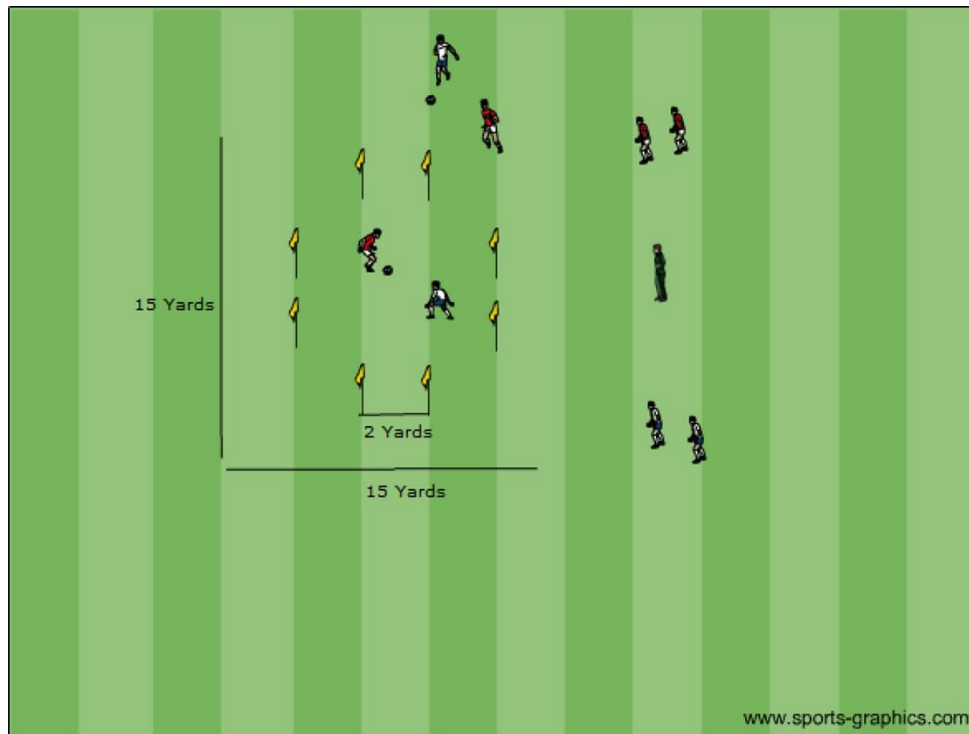


## 1 V 1 Through 4 Goals



### Description

4 goals are set up as shown in the diagram. The Red's start with the ball and try to dribble the ball through any one of the goals (marked with flags or cones). Any time a player dribbles through a goal cleanly, without knocking over a flag, a point is scored. If the blue player wins the ball from the red player they may try to score in the same manner. Points can be accrued by dribbling through the goals from the inside-out, but not the outside-in. This is a very demanding game. Play for 1 minute to 1 minute and 20 seconds and then follow each active round with appropriate rest.

### Organization

Make sure goals aren't too wide, 2 yards should be sufficient. Have players "right" the goals during rest periods. Keep track of the score following each round. Make sure that the team that defends first starts with the ball in the following round.

### Coaching Points

If a defender has a goal blocked off, encourage the dribbler to turn and sprint to another open goal. After scoring, the key is to get back into the square to have multiple scoring options.