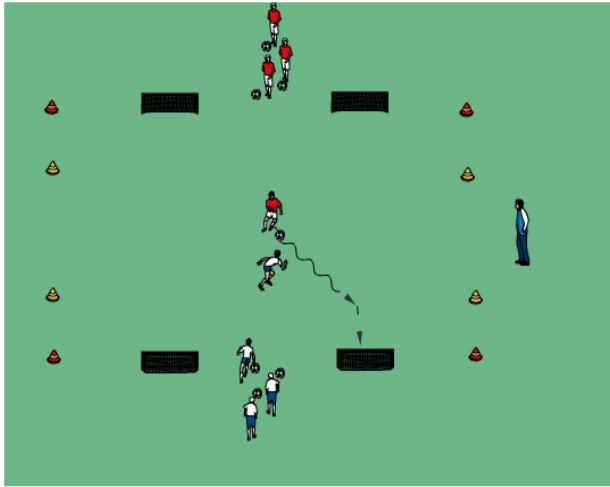


## 1v1 Fast Break Attack to 2 Goals



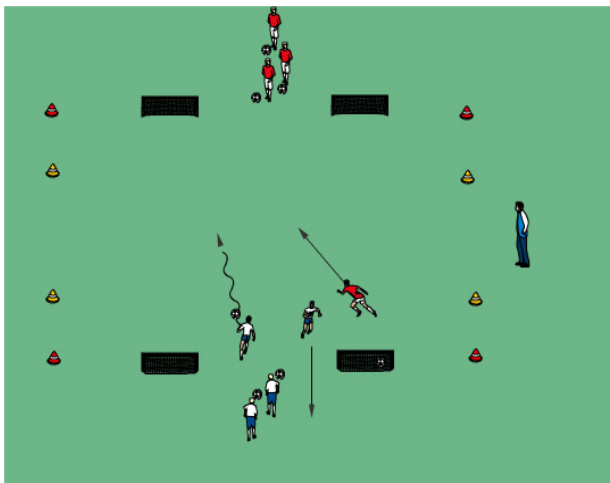
**The Game:** Red attacks the white defender. He tries to score in either of the gates (pugg goals are the best). Once Red is successful, scoring or taking a shot, the first white player in line immediately tries to attack the Red teams' two goals. The initial red attacker quickly recovers "transitions from offense to defense" (Pictured below). When a player wins the ball during the initial 1v1 he/she tries to attack the opposing teams' goals.

When the opponent has scored or taken a shot you (the defender) join

the end of your line. Players that are "off" should always have a ball at their feet ready to begin the "fast break attack".

### **Focus:**

- Taking a player on
- Running with the ball
- 1v1 defending
- Recovery runs



**Note:** Coach can create an attacking zone (pictured) where the attacking player can not shoot for outside this area. Attacking zone should extend approximately 7 yards from the end-line.

**If you enjoy this exercise Coach Donahue recommends:**

### **Possible Warm-up:**

1v1 Fast-break Attack

Charlie Cooke 1v1 Fast-break Attack

### **Progress to:**

2v2 Fast Break Attack to 4 goals

3v3 with Handicap

