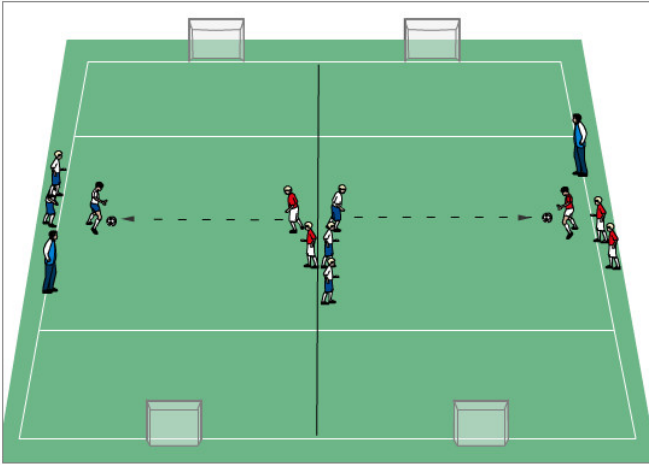


## Coerver 1v1 to 2 Goals:



**The Set-up:** (as pictured). Divide the field in half. 3 red players and 3 white players on each half of the field. The white lines (field markings) will serve as a “shooting zone”.

**The Game:** The player in the middle passes a ball across to an opponent and moves out to defend. A “live 1v1 ensues to either goal! Players cannot shoot until they enter the shooting zone. Once a goal is scored or a ball goes out bounds, the next player in line passes the ball across and moves out to defend.

### **Focus:**

- **Dribbling at speed**
- **Changing Direction**
- **Defending**
- **1<sup>st</sup> Touch/receiving**

### *Progress to:*

Same as initial exercise, but the game now ends with a sprint to the opposite shooting line (or a designated disc). Once the ball crosses the end-line, the players must race to the opposite shooting zone.

Keep score: 2 points for a goal, 1 point for winning the sprint.

