



# 1v1 to 4 Goals with Lateral Sprint

<b>1v1 to 4 Goals with Lateral Sprint</b> 	<b>Activity Description</b> <p><b>The Game:</b> When the coach yells Go! The 2 players closest to him, sprint behind the far goals and onto the field. The coach should play the ball out to the player who is quickest onto the field. A game of 1v1 ensues. The white player tries to dribble into the shooting zone and score in either of the two goals defended by the red. If Red wins the ball he/she should attack the white's goals. Once a goal is scored or the ball goes out of bounds, the other coach yells Go! And the same movements occur from the other side.</p> <p><b>Focus:</b></p> <ul style="list-style-type: none"> <li>• Quick Sprint</li> <li>• Taking a player on</li> <li>• Acceleration</li> <li>• 1v1 Defending</li> </ul>
<b>Multiple 1v1 to 4 Goals</b> 	<b>Activity Description</b> <p><b>The Game:</b> When one coach yells Go! The first 4 players sprint behind the goals, need to avoid running into each other, and onto the field. Each coach should play the ball out to the player who is quickest entering the field behind the goals closest to them (this will prevent the same player from getting both balls played to him).</p> <p>Two games of 1v1 ensue.</p>
<b>Multiple 1v1's in action</b> 	<b>Activity Description</b> <p><b>Point System:</b></p> <ul style="list-style-type: none"> <li>• 1 point for goals scored in the 1v1</li> <li>• 2 bonus points for a goal scored in the 2v2 (explained below)</li> </ul>
<b>Multiple 1v1 becomes 2v2 to 4 Goals</b> 	<b>Activity Description</b> <p><b>The Game:</b> When the first 1v1 concludes with a goal or the ball going out of bounds, these two players should move quickly to support the ball that is still in play. This will create a 2v2 situation.</p> <p><b>Variation:</b> The first goal scorer is done. This will create a 2v1 in favor of the team that conceded the initial goal</p>