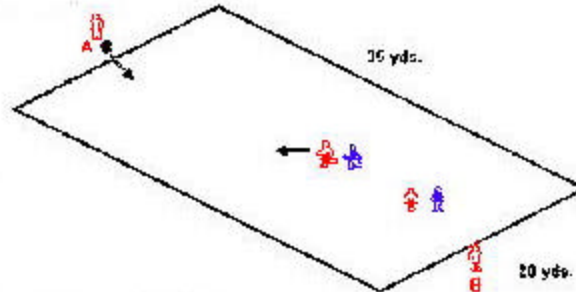


1 + 2 v. 2 + 1



The Game

- The object of this game is to get the ball from one target, **A** to the other, **B**, without losing possession.
- Each time this is done it is worth one goal.
- The attacking team keeps this sequence up until possession is lost (ie. they can score many goals in a row).
- If the ball goes out of bounds, it belongs to the other team.
- Targets can move back and forth along their line.

Coaching Points

In Attack:

- Encourages combination play between the two field players
- Have targets look for the player farthest away.
- Check away from the ball to create space for yourself, check back for the ball at angles.
- Receive the ball sideways on when possible.

In Defense

- Make attackers play the ball back whenever possible.
- Keep the play in front of you.
- Never get flat with each other.
- Take away options for the attackers, make the play predictable.

: Variations

- Limit target players to one touch.
- Limit field players to two touches.
- Do not allow field players to play the ball back to the target they received from.
- Make field players play it to each other at least once before they make a goal.