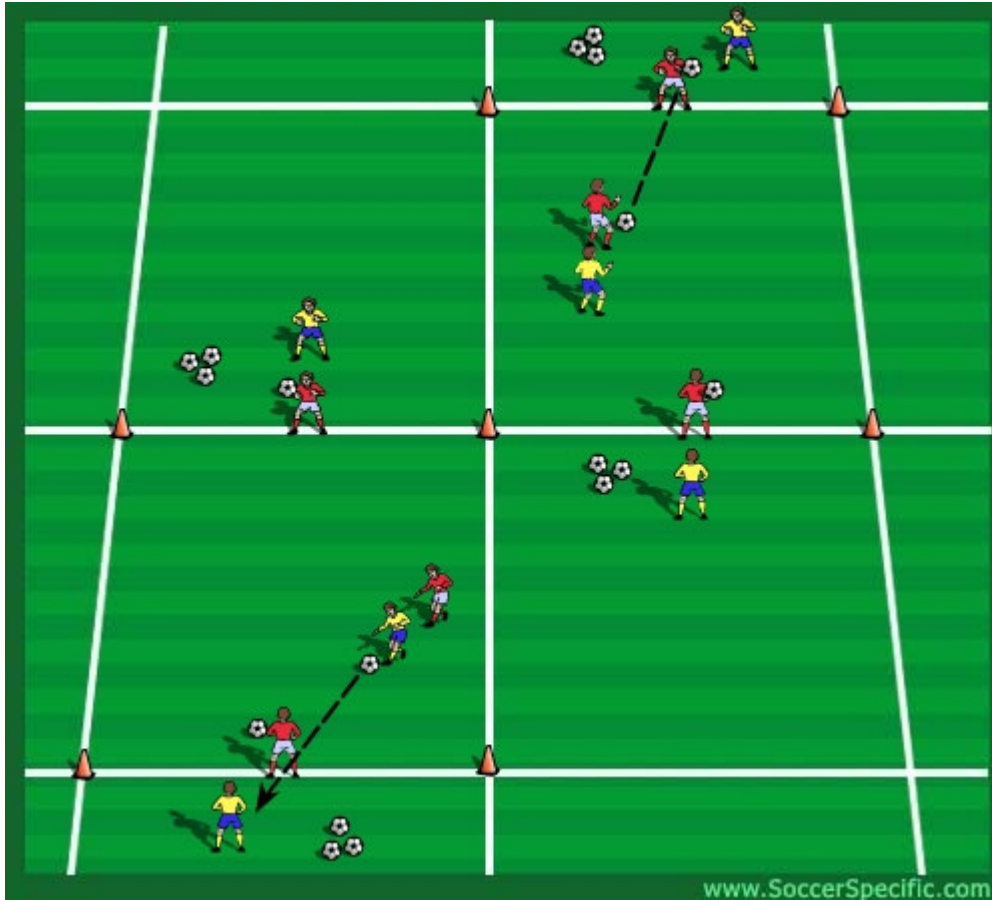


Score Between The Legs

Emphasis: Taking people on and defending



Set-up:

Make a 20x15 yard grid. Two players are going 1v1 inside that grid. On both sides of the grid are two goals made by a player standing with their legs wide open and with an extra ball in their hands. A chaser is positioned behind each goal.

Objective:

The active players can score by shooting or passing the ball between the opponent's goal's legs. The player, who is the goal, drops the ball for his teammate. Play for 1 minute and then change the roles. The chasers become the goal, the goal becomes active, and the active players become the chasers.

Progression:

1. Make it a 2v2.
2. Add neutral players that can move up and down the sidelines.

Coaching Points:

- Take the opponent on and make them commit one way.
- Look to combine with the neutral players.