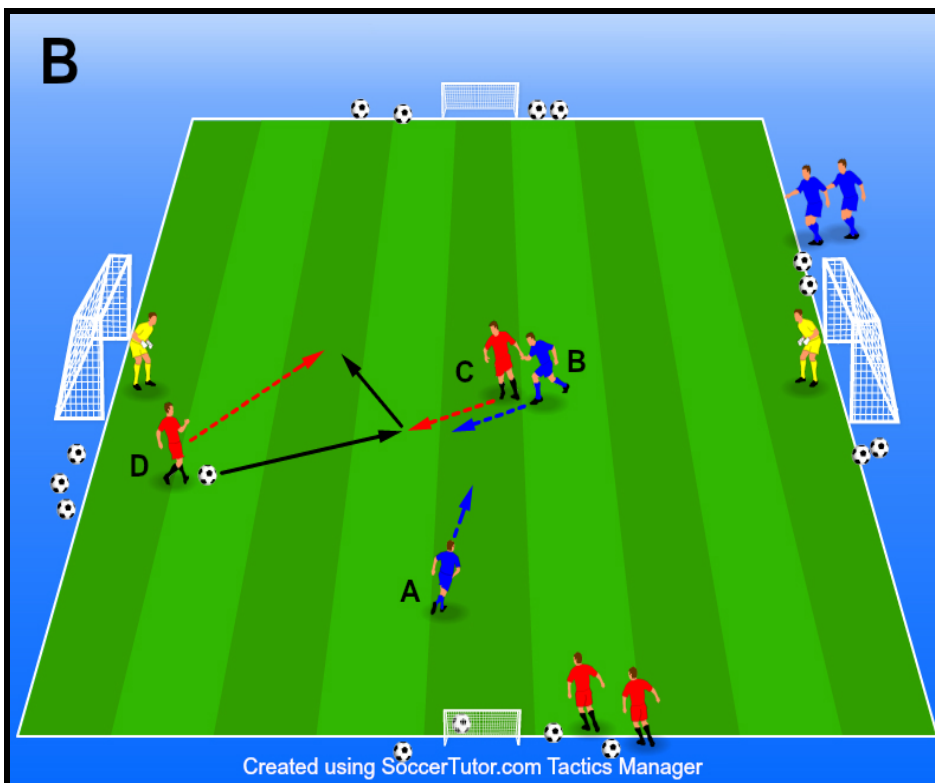


*Procedure:*

Diagram A - Player A dribbles in, then wall passes with Player B. Player C does not actively defend. He just gives them an obstacle to go around. After receiving the return pass, Player A finishes on the small goal, and then runs back into the center to defend.

Diagram B – As soon as Player A shoots, Player D passes up to Player C to begin their attack on the big goal. Player B delays the attack as Player A recovers back, creating a 2 v 2 to goal. If the defenders win the ball, they counter-attack.



Goals scored on the big goals are worth one point. A goal scored off of a turnover is worth two points. Shots made on the small goal are worth nothing. If a player misses the shot, he must wait three seconds before running back to defend.

*Coaching Points:*

- 1 Transition – Don't stop to admire your shot. Get back on defense.
- 2 Defending – Contain the play. Let them dribble.
- 3 Organization – On defense, the first shout sorts it out.

*Progressions:*

- 1 Add a neutral attacker in the center.

*Regressions:*

- 1 2 v 1 to goal. Player A can only counter-attack.