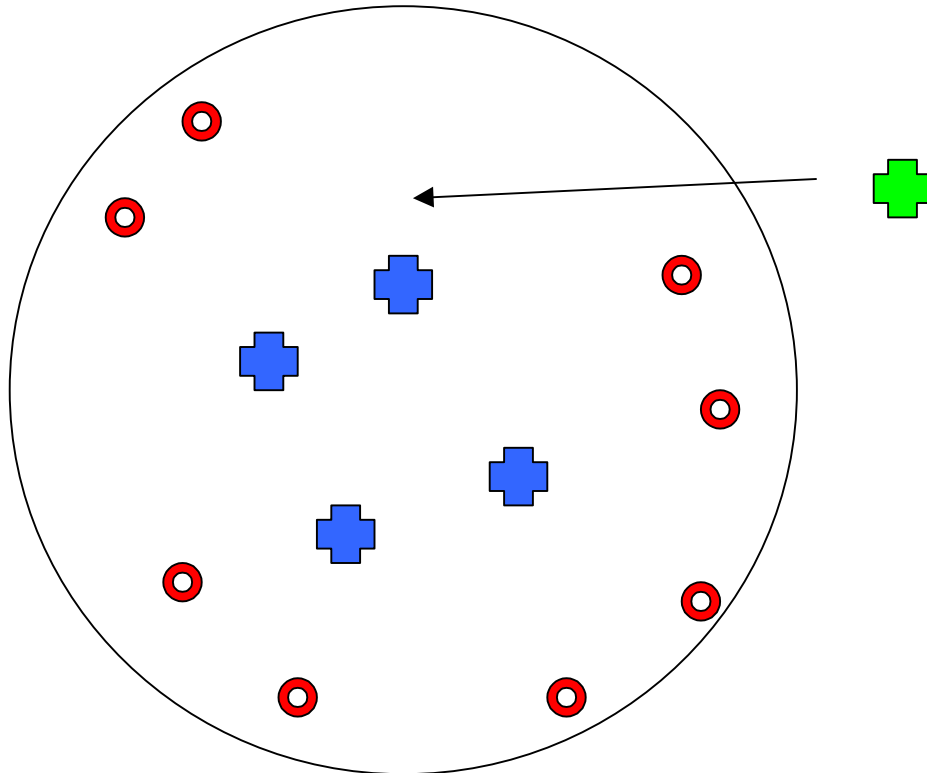


1v1v1v1v1v1

Set Up and Execution

Set up four small goals facing into a circle (size depends on number of players, skill level, and your emphasis.)



All players go into middle, all balls go to coach. Coach plays ball into circle and it's every player for themselves, may score at any goal. Really works on ball handling and beating people off the dribble. No out of bounds, once a ball is netted it is dead.

Play until all balls dead, player with most goals wins. You can vary by size of circle, putting more than one ball in play, etc. Again very demanding physically, works dribbling as you have no one to pass to, and helps players learn to read areas of high and low pressure (when attack on one goal is stopped, change attack to another goal.)