

# 1v1 (or 2v1) adjacent goals

**Objective** – channelling

GameFocusResetProgression

1. Reds start with the ball and attempt to score in their goal directly opposite of them
2. Blues start as soon as reds start and attempt to
  1. stop them scoring
  2. Win the ball
  3. Delay
  4. Deny

## Game 2

1. As above but 2v1
  1. Do not dive
  2. Channel
  3. Do not get beaten
  4. DELAY

Restart next person

1. Each team has set no of balls – 5 balls
2. Keep score
3. Pass from defender to attacker before starting (gets another pass in)

