

# 2v1 Run away goal

<strong>Game</strong><strong>Focus/Objectives</strong><strong>Transition</strong><strong>Progression</strong>

1. 2 v 1 + Keeper
2. Ball passed from Defender on back line
3. Defender wins by hitting ball out of D
4. Attackers win with Goal

## Scoring

1. Each team to keep their own score – make it a competition

**NOTE:** Can have 2 lanes one left and one right to speed things up and put pressure on keeper

## Attackers

1. Off ball movement by spare attacker
2. Run wide to drag defender
3. Speed of attack
4. Take scoring opportunities
5. FOLLOW UP with pads or post for deflection
6. Spare player to get into red zone (distract or confuse keeper)

## Defenders

1. Delay (Jab tackles)
2. Channelling
3. Aggression
4. Block tackle (If appropriate)

## Keeper objectives

1. Organise his defender
2. Clears the circle

1. When goal scored or cleared then reset
2. On reset rotate defender and attacker

## Progression

1. Time constraint – 10 secs to score
2. Add second defender to run in from 23

