

# 4 goaler

**Game****Objectives****Focus on****Transition/Reset****Progression**

## Game makeup

1. 1/8th of pitch
2. 4 goals
3. 5v5 – formation is 1-3-1
4. Team revolves every 3 mins so everyone plays striker
5. No contact – must rollout on contact and pivot

## Rules

1. Std hockey rules
2. Can score in any goal

## Explicit Objectives

1. Changing Channels
2. Spread out (no honeypotting)
3. Movement off the ball

1. Keep possession
2. Rollouts to pivot
3. Keep out of contact
4. Draw then pass
5. IFIT
6. Left foot passing

## Transition/Reset

1. 16 yd when goal scored

## Progression

1. Turn and burn
2. Reduce player nos keep game fast
3. Add 3rd team to transition on an event
4. 2 touch/3 secs on ball
5. PIVOT/TRANSFER before scoring

