**Attacking/Defending**

2 ATTACKERS/1 DEFENDER/KEEPER:

* set up 2 cones where attackers will start (players in lines), 1 cone where defender will start, and keeper in goal.
* Coach passes to attackers, they dribble toward goal, using one another for support and try to score.
* Defender tries to get ball from attackers
* Keeper tries to save balls
* Switch attackers every play and defender and keepers every few minutes or so.

Goal Kicks + Offense Pass/Shoot

* Full back line kicks to offense line (straight ahead), they trap and pass to other offense line, they receive, dribble and shoot on goal.
* Rotate lines each time (except goalie)

Spread Out Triangle

* 1 defender/3 offense (2 groups)
* Ball on center line, with 3 offense equally around ball
* Coach yells “GO GO GO”, 1st to ball attacks, rest spread out for support/pass
* Moving triangle to goal/passing and shoot on goal