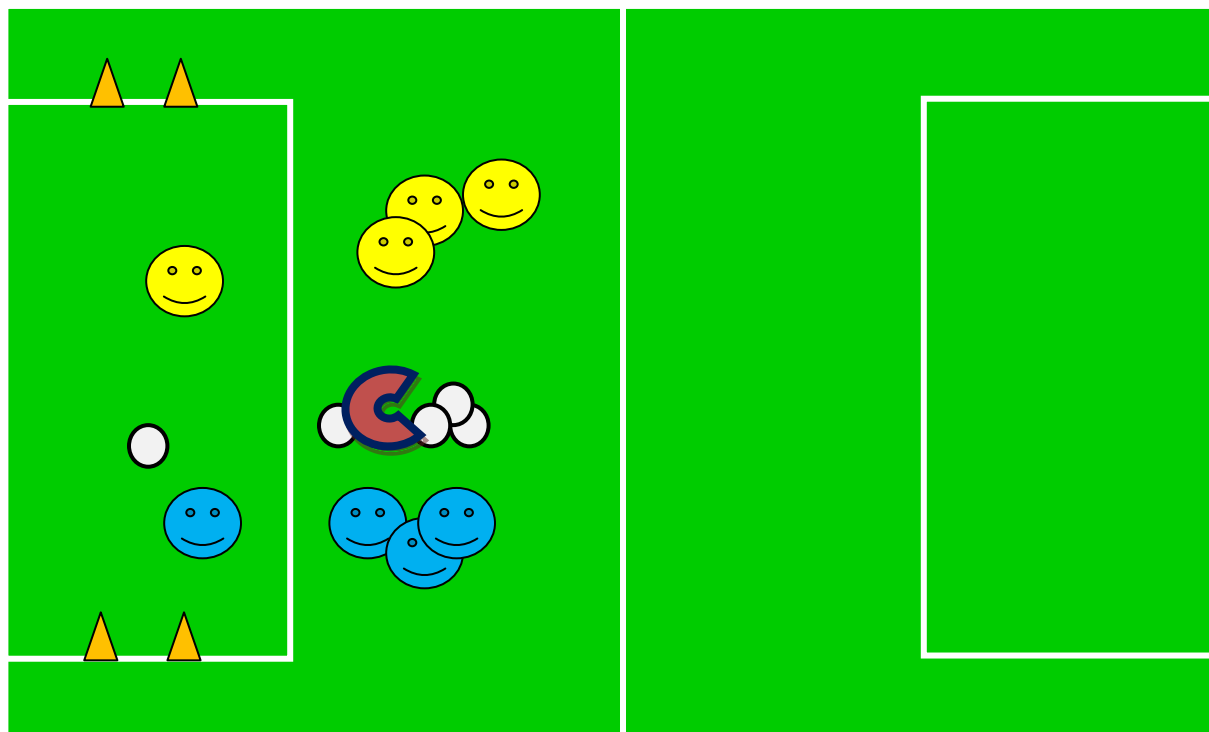


# Get Out!



The coach plays balls into an established grid (the penalty box) while one player from each team tries to score on their opponent's goal. Players that score stay in the grid. The loser collects the balls. This should be a quick paced game that provides a lot of 1v1 and shooting opportunities.

## Variations

1. Send players in as pairs.
2. Allow players to score on either goal. This allows players to practice decision making.
3. Establish a distance players must shoot from in order to score a goal.

## Focus

Encourage players to take each other on and take the earliest opportunity to shoot. Defenders should learn to close players quickly and stay between the attacker and the goal. Multiple players allow opportunities to work on 1<sup>st</sup> & 2<sup>nd</sup> defending and attacking.