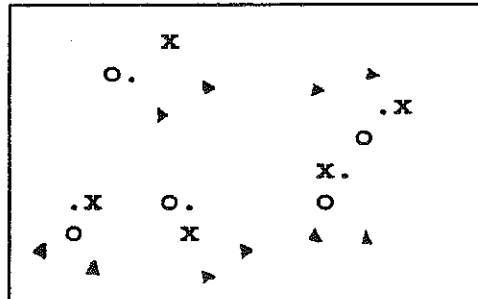


GAME 7: MULTI GOAL



OBJECTIVE: Improve dribbling past defenders, changing direction and acceleration away from defender.

ORGANIZATION: Two teams of 4-6 players.
Each player is matched up against a player from the other team.
One ball per pair (attacker versus defender).
Each attacker tries to score by dribbling through as many goals as possible in 60 seconds.
If defender wins the ball or ball goes out of bounds, defender becomes the attacker and play is continuous.

NOTE: This is a very physically demanding game. Play one minute and rest 2 minutes.

VARIATION: The 2 teams play with just one ball. Attacking team tries to score by dribbling through any of the goals.