

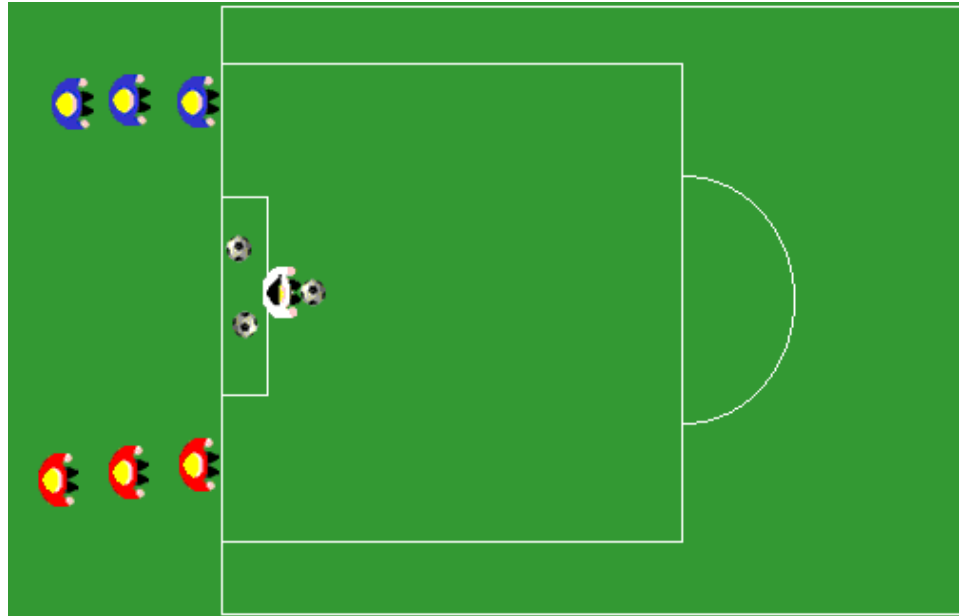
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## One Goal Dog Fight

### 1. ONE GOAL DOG FIGHT

- Split players into 2 even teams ... give each team a name. ([see Youth Coach Handbook #3](#))
- Each team lines up to the side of a goal post.
- All the balls are in the net
- Keeper in goal. (coach plays goalie for younger players)
- To start the game, the coach throws the ball just past the top of the penalty box.
- When the coach throws the ball onto the field, the first player in line from each team runs out to the ball and they begin to play 1 vs 1 to goal.
- First player to the ball gains possession of the ball, turns with the ball, attacks the defender and tries to score.
- Second player to the ball defends and attempts to steal the ball.
- If the defender steals the ball, he/she becomes the attacker and tries to score while the former attacker defends.



### 2. COACHING POINTS:

- Get to loose ball quickly
  - Attacking players ...
    - Gain possession of the ball, quickly turn and attack the defender at speed
    - Make one quick move to get by the defender and shoot
  - Defending players ...
    - Try and not let the attacker turn with the ball and try to steal the ball when the attacker has his/her back to the goal.
    - If the attacker is able to turn with ball, channel the attacker to the outside, away from the goal so the attacker has a bad angle when he/she shoots.

### 3. COMPETITION, VARIATIONS & RESTRICTIONS:

- Play games to 5 ... losing team does 5 jumping jacks
- After several games have been played, the coach shouts out 4 names (2 from each team) before throwing the ball and the players play 2 vs 2.

- **Shout out 6 names (3 from each team) and play 3 vs 3.**
- **Last team to touch the ball before it goes into the net gets credit for the goal**
- **Play 2 touch.**

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