



## SKILL

Aggression to the ball.

## SET UP

15 x 25 yard box. Players split into 3 teams. Balls in the corner with the coach and the 3 teams in the other corners. Small goal on both sides.

## HOW TO

Coach plays a ball into the center and yells "go". The first player from each corner attacks the ball and tries to shoot it in the goal on either side. The players that do not reach the ball first play defense.