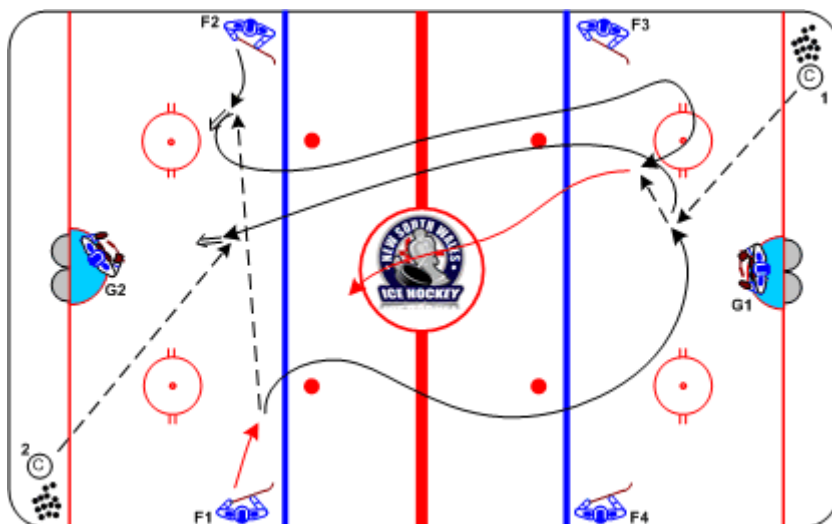




## Goalie Warm-Up/2-on-0 Counter

Duration: 8 mins

- F1 drag and pass to F2
- F2 one-time shot at G2, F1 & F2 "hound back"
- Quick transition with a pass to F1 from © 1
- F1 one-touch pass to F2, counter and attack G2
- © 2 passes to F1 for one-time shot



### Coaching Tips

- Communication
- Interchange lane on attack
- Creativity and timing

### Execution Tips

- F3 & F4 initiate next drill after F1 & F2 execute transition and counter