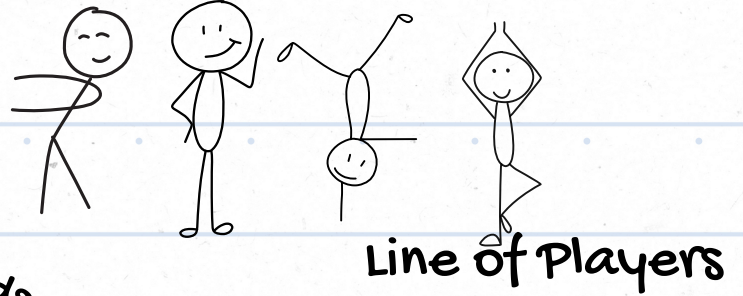
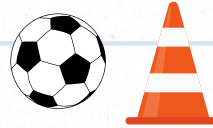


1. START: Run to Cone 1



Approx 40 yards



2. Ball is waiting. Pass to Adult

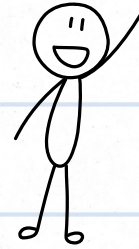
Adult



Pass

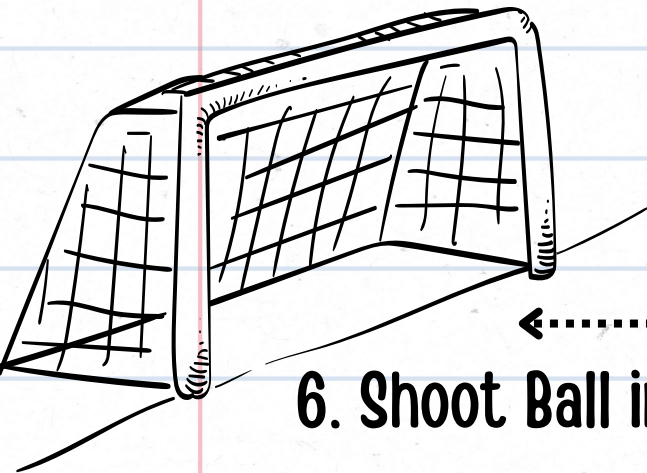
Pass

3. Adult passes back



4. Player Traps Ball

5. Dribble around cones



SHOOT

6. Shoot Ball into goal



7. 10U and up only : If identified as a Goalie=

NEXT >>

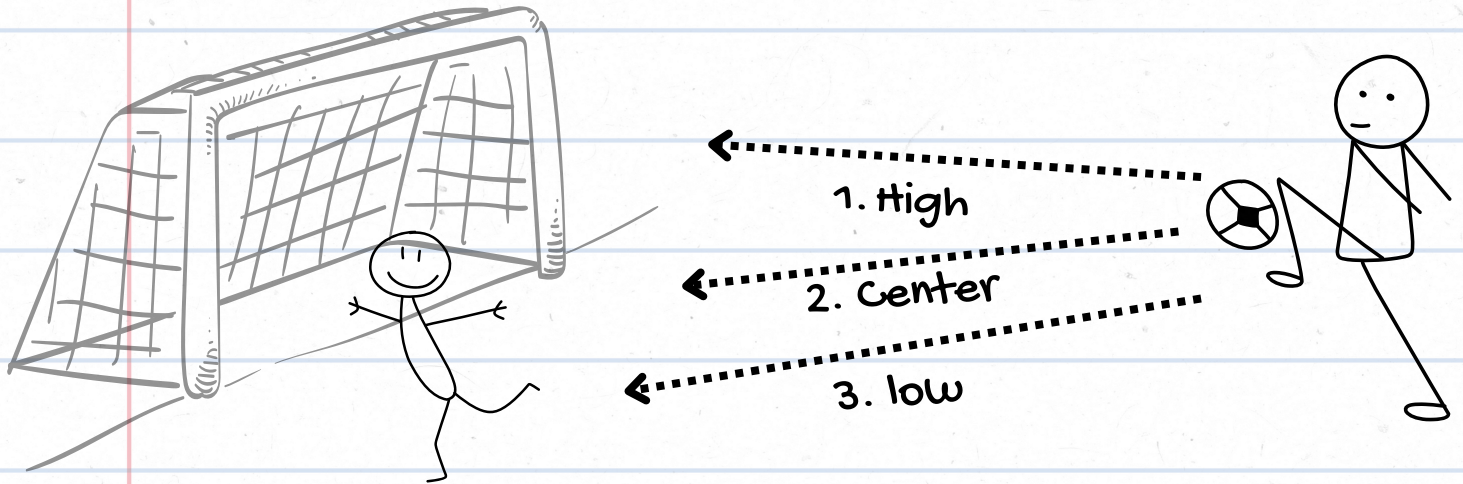
If not a goalie=



# 10U and up Only

## If identified as a Goalie.....

7a. Adult will gently toss or kick the ball:



7b. player will punt a ball & will be scored based on distance achieved



### Scoring Guide

- 1 = No kick
- 2 = Doesn't reach  $\frac{1}{4}$  field
- 3 = Passes  $\frac{1}{4}$  but not half
- 4 = Passes half but not  $\frac{3}{4}$
- 5 = Passes  $\frac{3}{4}$  field