



## COMPLEX/ UNANNOUNCED – PLAY THROUGH & PLAY AROUND

### Flow:

- Primarily a free flowing goalkeeper possession game.
  - Example: P<sub>1</sub>-P<sub>2</sub>- lay off to P<sub>3</sub> - P<sub>2</sub> play through to GK<sub>2</sub> and continue
- One player must designate which gate they are passing through before ball reaches them - gates are color coded
- If previous group have bad touch or bad pass, must play through GK<sub>1</sub> or GK<sub>3</sub> for shot at opposite goal - example above in grey. Conditioning necessity to be accurate when operating in own penalty box
- Live to any goal if ball bounces off of mannequin - even GK<sub>2</sub>
- Ball is live until out of play. Session can restart from anybody naturally

### Variations:

- Ball can start with varied strike from coach to any goal
- Add small goals in corners to force low driven ball - representative of breaking line - shown above
- Add in dot (D<sub>1</sub>) with touch restriction beyond to challenge speed of thought and action