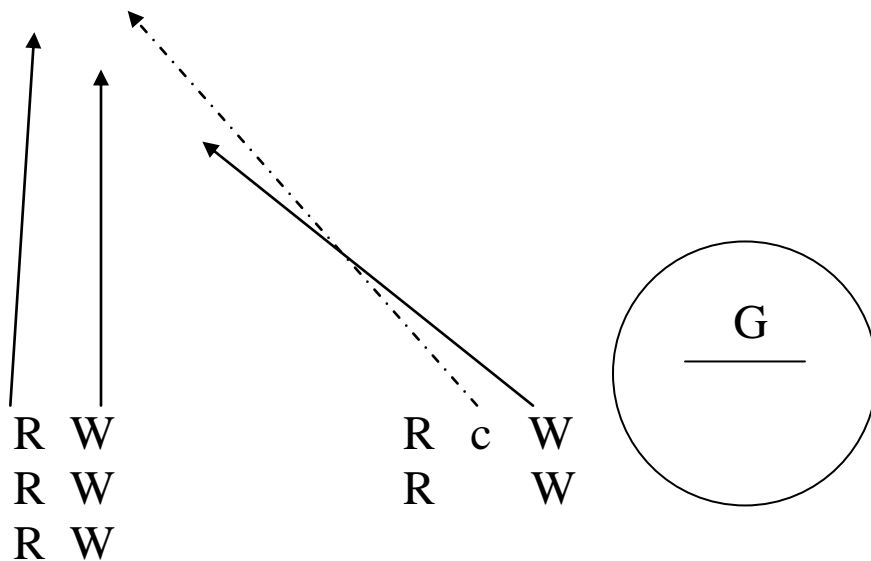


Mystery GBs (2v1 or 3v2)

- 2 lines of Red and 2 lines of white
- 2 outside lines go every time
- Coach rolls ball out (you can roll from the top also)
- Coach taps either R or W from the lines next to him to create a 2 v 1 situation.
- If the color with 2 wins the GB they are on offense (2v1)
- If the color with 1 wins the GB they get it to the goalie while other color pressures

Adjustments

- Add a 3rd set of lines on far side of the cage – live everytime



R W (adjustment)

Mystery GBs with backside help

- 2 lines of Red and 2 lines of white
- Both lines go every time a ball is rolled out.
- Coach rolls ball out (you can roll from the top also)
- If Red wins the Red player from the backside line joins in, if White wins the White player joins in.
- Players have to fall back and protect the backside

