

BAHIA

- Organization:** Two groups of balls with two serves near each corner flag. Two lines of attackers at the top of the penalty area and a goalkeeper in the goal.
- Structure:** Servers take turns crossing a moving ball into the area for two attackers to run onto and shoot first time. The two attacking runners make crossing runs that bend into the path of the ball.
- Procedures:** Play a game to ten. Goalkeeper gets 1 point for every save. Attackers and crossers get 2 points for every goal. Shots that are neither scored or saved don't count.
- Coaching Points:** Always cross a moving ball, whether you are dribbling or running onto a pass from a teammate. Turn your hips toward your target as you cross the ball.
- Time your attacking runs so you arrive and shoot on the run. Bend your runs into the path of the ball and use only one touch to shoot or drop to a teammate waiting in line.

