4 red defenders plus keeper, 1 blue attacker plus a server. Attacker hits feet of server who slots him into space to go 1v1 off any red defender. Attacker must always return and receive his 1-2 from the server before the rest of his 1v1s start, work all 4 defenders. No goals and attacker goes figure 8, 2 or more goals and defenders go figure 8.