

The U5-U8 Divisions use Pop-Up goals. Opening the goal is a simple process. Just undo the velcro strap and the goal will pop into place. Closing the Pop-Up goal is a little more complicated for those attempting for the first time. If you are having trouble please review these steps. If you find yourself forcing the goal to close you are doing it incorrectly.

1.



Hold Right Corner with Right Hand,
Use Left Hand on strap to pull
Left Corner toward Right Corner.

2.



Grip Left Corner with Left Hand.
(palm facing out makes twisting easier)
Begin twisting Left Corner
counterclockwise
while bringing hands together.

3.



Close hands together
Secure the corners with tie strap.