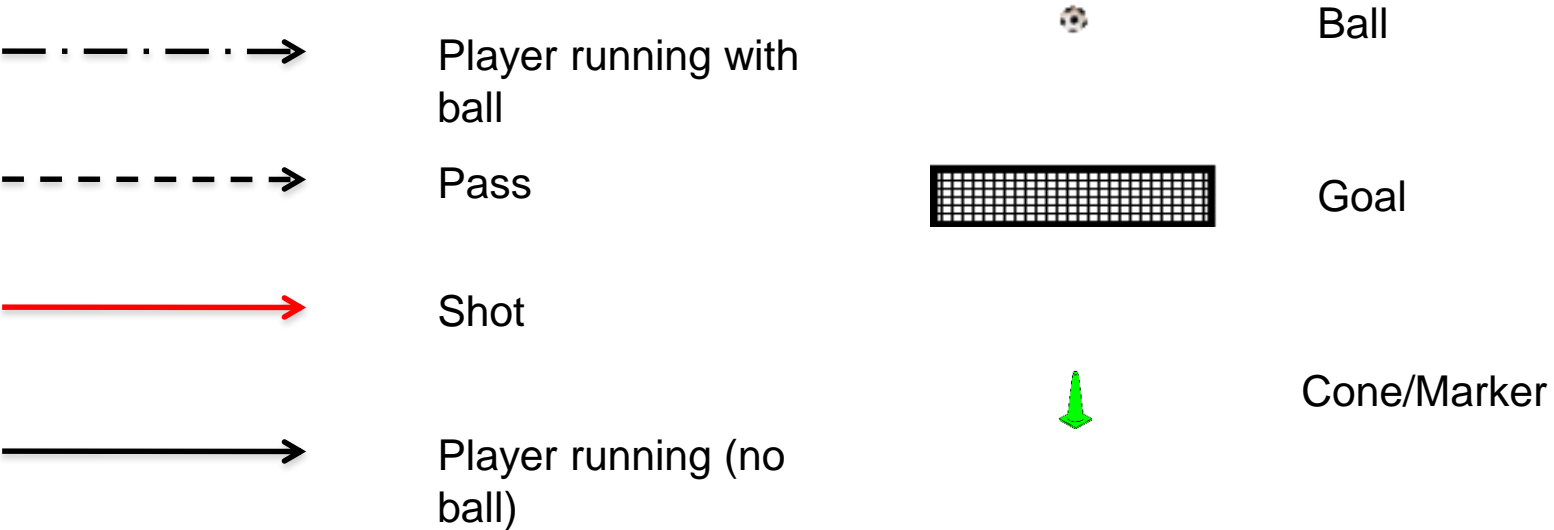




Diagram Key:



SLB 1v1

Category: Dribbling/1v1, Ball Striking/Shooting, Defending

Practice Segment:

- Technical Game
- **Skills:**
- Dribbling/Footskills
- Shooting/Ball Striking
- 1v1 Defending

Players: Full Team

Time: 15-20 min

SLB 1v1:

Set Up:

- 2 goals 40 yds apart
- Small box is placed halfway between goals
- Outside markers positioned as in diagram about 10 yds from center marker
- Goalkeepers in goal
- Half of the field players are at the center marker on each side; balls are on one side.

Action:

- Play starts with a ball passed through the box to the first player on the opposite side
- The passer becomes a defender (green) and the receiving player (purple) becomes an attacking player.
- The attacking player dribbles into the box and may exit toward either goal.
- The defender enters to pressure and tries to win the ball.
- The game is a live 1v1 battle. The attacking (purple) player may turn to attack the opposite goal at any time.
- If the defender wins the ball, he or she becomes the attacking player and may attack EITHER GOAL, turning to switch goals AT ANY TIME.
- Switch sides after each turn.

