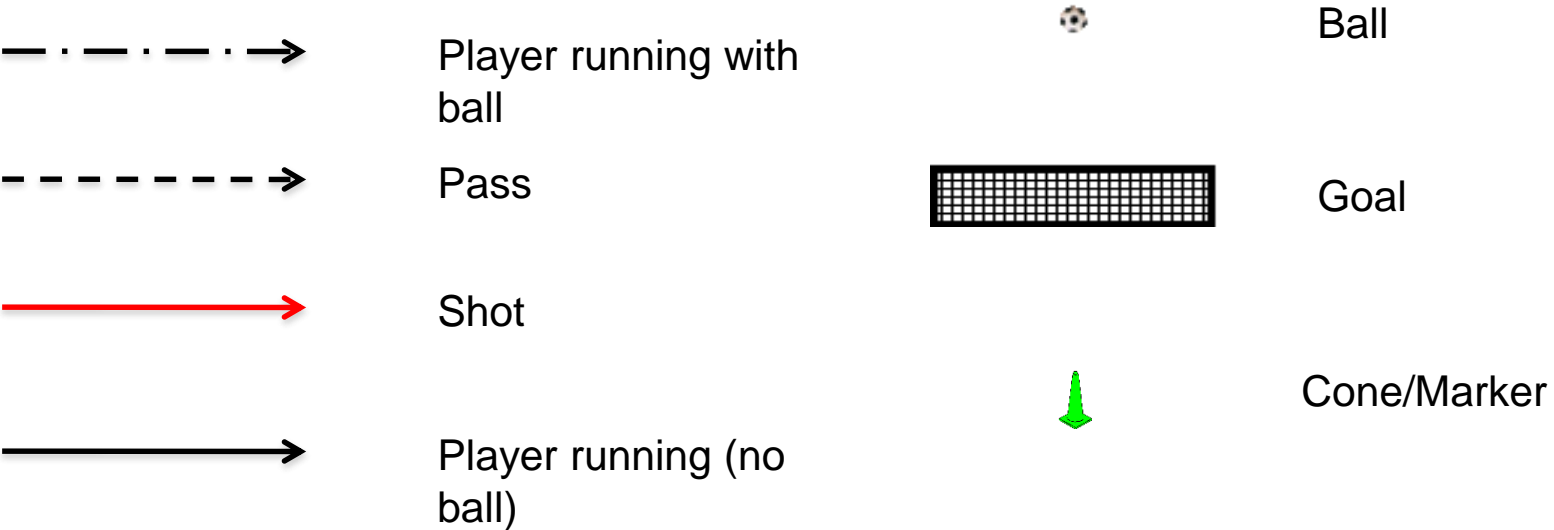




Diagram Key:



SLB 1v2

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 1v2:

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
- 1/3 of the field players are at the center marker on each side; balls are on one side.
- The final 1/3 of the field players are split between the markers beside each goal

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.
- When the attacking player exits the box, he is committed to attacking the goal toward which he is running.
- At the point the attacker leaves the box, the additional player beside the goal enters the game as a defender. The game is now a 1v2 battle.
- If the defenders win the ball, they counter attack to the goal on the opposite side, and the single player seeks to win the ball back and score at his goal.
- Groups rotate between roles every 5 minutes.

