

1v1 battle box

Objective –

GameFocus onTransition/ResetProgression

- 1v1 in the middle
- Players start in contact in the middle of the box
- It is a 2 ball exercise
- Players receive 1 ball from each corner where the teams are trying to pass to their team mate
- Ball is live until it goes out of the box (or coach gets bored!)
- For the 2nd ball players must be in contact in the middle before it is sent in but the other team

Players per team

4 per team + goalkeepers

Balls per set

3

Scoring

- 3pts for a goal
- 1pt for a shot on target
- 1pt for a corner won

Attacking focus

- Try to get something at goal
- Stick on ball shooting

Defending focus

- Put the striker under pressure and try to deny shots on target
- Apply forehand pressure on the first attacker

GK focus

- Try to start clear to the coach
- Avoid rebound opportunities



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