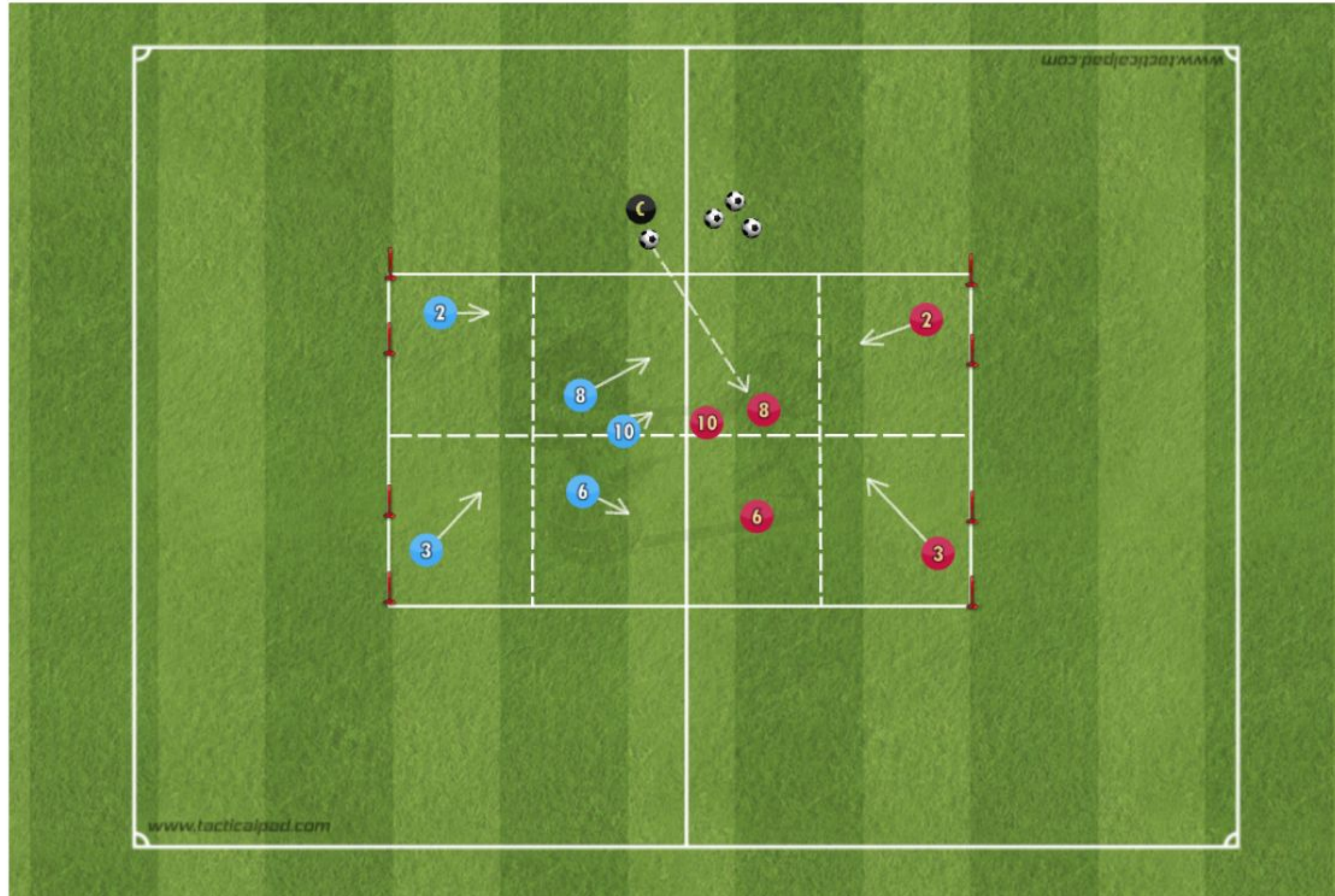


2 SIDED GOALS.



The next drills are collection of small sided games challenge center backs in different situations. The main component of these drills is involving the center backs in build ups.

In this drill, the field is designed to have 2 goals in the 2 sides with each goal protected by the same side center back. While the ball in play, the center backs should be aware of the side of play. When the team in possession reach one end, there is only 1 forward allowed into the zone creating 1v1 situation with the defender. However, if the forward failed to score, the center back must build the attack with a pass to the forward mate at his own side. The game continues with the same rules.