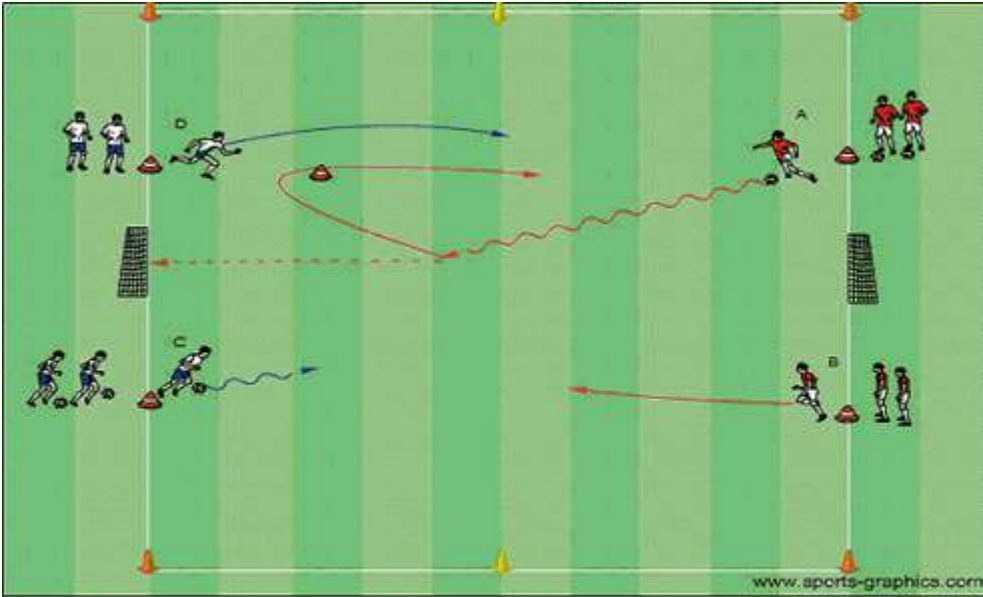


SIS 2v2 with Shot & Recovery



The Set-up: On a 30 x 15 yard field, set up two mini-goals on the end-lines. Place 4 starting cones a few yards beside the goals and a 5th cone as pictured. Divide players into two teams.

The Game: Player A dribbles on the field at speed. Once he enters the attacking half of the field he shoots into the mini-goal. Once A shoots, players B, C, and D enter the field. Player C enters with a ball. Player A must sprint around the 5th disc before he can help his teammate defend. A Live 2v1 with a recovery player takes place. The game continues until a goal is scored or the ball goes out of bounds.

Rotation: After 4 minutes have teams switch roles.