

# 1v1 and 2v1

## Duration

- 15 Minutes (7 min 1v1 / 1 min reset / 7 min 2v1)

## Setup

- Grid clearly marked with cones (approx. 15m x 10m, adjust as needed)
- One goal at bottom end for attackers (mini goal, poles or cone goal)
- No goal at top end
- One cone next to goal where defender starts
- One cone at top centre for 1v1 attacker start
- For 2v1: one cone at each top corner for Attacker A and Attacker B
- Balls always start with defenders
- Spare balls placed next to defender station

## 1v1 Transition Attack (7 Minutes)

- 4–6 attackers and 4–6 defenders per grid (two grids if needed)
- Defender passes to attacker from end line next to goal
- Defender must push up quickly to defend
- Live 1v1 to goal
- If defender wins ball → dribble over top line to score

## Rotation

- Attacker retrieves ball and places next to defender pile
- Attacker joins defender line
- Defender joins attacker line
- Ball always restarts with defender

## 1 Minute Reset

- Explain 2v1 structure
- Adjust cones if needed
- Retrieve balls and place next to defenders

## **2v1 Overlap Pattern (7 Minutes)**

- Same grid size
- Two attacker lines at top corners
- Defender starts on end line next to goal
- Defender passes to Attacker A to start
- MUST always begin with pass, overlap, and dribble inside
- Attacker A passes to Attacker B and overlaps
- Attacker B drives inside to begin attacking phase
- Live 2v1 to goal
- If defender wins ball → dribble over top line to score
- Halfway through block switch Attacker A and B sides so overlap occurs on opposite side

## **Rotation Pattern**

- Attacker A joins Attacker B's line
- Attacker B joins defender line
- Defender joins Attacker A line
- Attacker B retrieves ball and places next to defenders
- Ball always starts with defenders

## **Progression**

- Finish within 6 seconds
- Final action one-touch
- Attacker must perform a feint before scoring
- Reduce grid size to increase pressure

## **Adjustments**

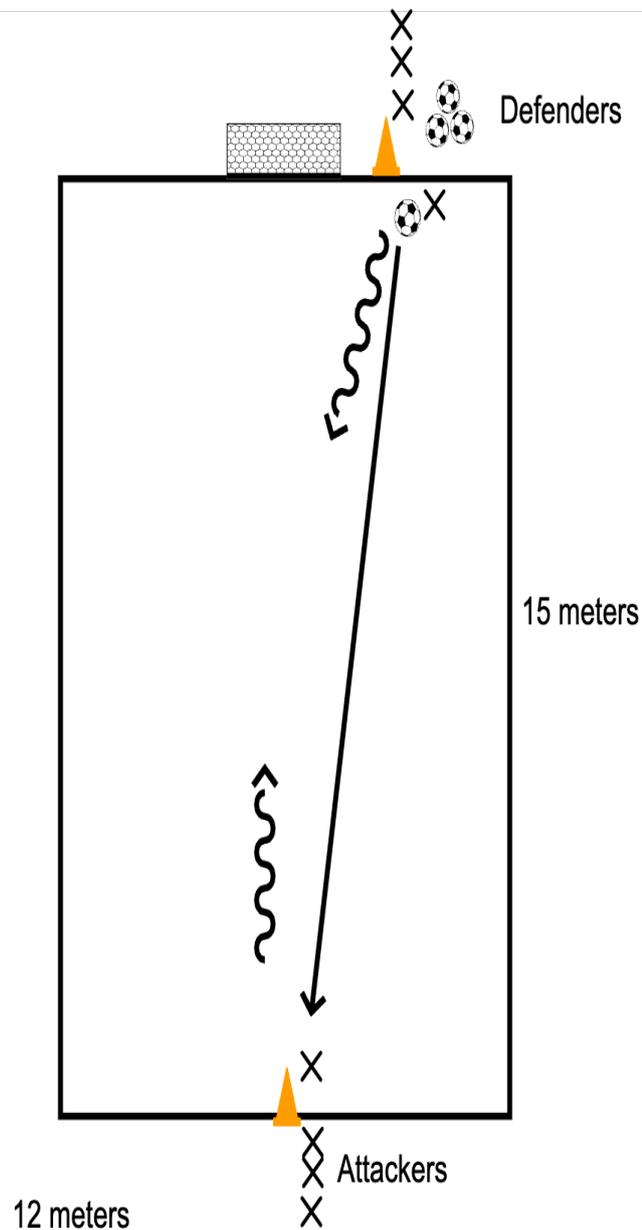
- Increase grid size for more success
- Control tempo if quality drops
- Increase intensity if quality remains high

# Visual Guide

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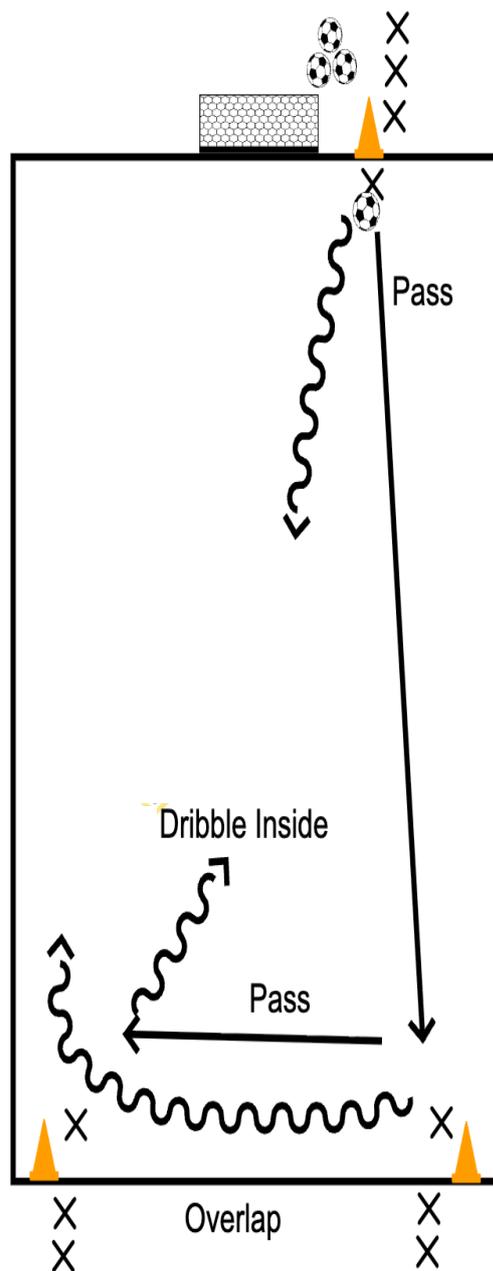
## 1v1 – Grid Setup & Structure

- Grid clearly marked with cones (approx. 15m x 12m).
- Goal at bottom using mini goal, poles, or cones.
- No goal at top – defenders score by dribbling over top line.
- Defender always starts with the ball next to the goal.
- Defender passes to attacker and must immediately run out to defend.
- Adjust number of defenders according to available numbers.
- Same grid used for 2v1 phase.



## 2v1 – Start Pattern

- Legend: Straight arrow = passing. Squiggly arrow = running or dribbling.
- Attackers start on top corners.
- Defender starts with ball next to goal.
- Defender passes to Attacker A (first receiver is always Attacker A).
- Attacker A passes opposite and overlaps.
- Ball carrier dribbles inside towards centre to begin 2v1 action.
- Always begins with this structure.
- Halfway through block, defender switches first pass to opposite side.



## 2v1 – Rotation Pattern

- Attacker A joins Attacker B line.
- Attacker B joins Defender line.
- Defender joins Attacker A line.
- Attacker B always collects ball and returns it to pile next to defenders.
- Ball always restarts with defenders.

