



# 1v1 & 2v1 Situations

Category: Technical: Attacking and Defending Skills  
Difficulty: Moderate

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## Description

Session to improve attacking and defending in the 1v1 & 2v1 situations. Goal is to mimic the demands of a real game.

## Technical Warmup

### Take-On Triangles

Dribbling activity with a focus on attacking moves and dribbling at speed.  
Simple warmup to prepare for the practice session.

Organization:

- See Diagram
- Either every player with a ball or one ball per group

How to Play:

- First player in line dribbles to front cone, performs designated attacking move, then speed dribbles to cone at right or left.
- Turn, dribble back to line. Continue.

Coaching Notes:

- Encourage players to build up to game speed.
- Give a variety of attacking moves to perform.



## 1v1 Activity

### 1v1 Gates Dribble

Option to progress to 2v1

Organization:

- See Diagram
- May change location of goals or number of goals

How to Play:

- Game of 1v1
- Way to score, dribble thru a gate (cone goal)

Coaching Notes:

- Play at game speed
- Encourage attacker to go right at defender (try to get D on heels)
- Defender, try to stay in front of the ball. Tackle when have opportunity.



## Final Game

### 1v1 & 2v1 to Goal

Add in GKs for this game

Using goals & GKs will emulate real game situations.

Organization:

- See Diagram
- Make multiple fields, as needed

How to Play:

- 1v1 to Goal. Progress to 2v1.
- Variation to encourage counter-attacking and the 2nd Defender

Coaching Notes:

- 2v1 gives option to pass.
- Teach the supporting role of the 2nd Attacker
- Defender must cut off passing option, stay in front of ball, force ball to outside.

