

## Coaching Attackers in 1 v 1 and 2 v 1 Situations

Penetration - get the ball past a defender - is the primary objective for attackers in a 1v1 and 2v1 situation.

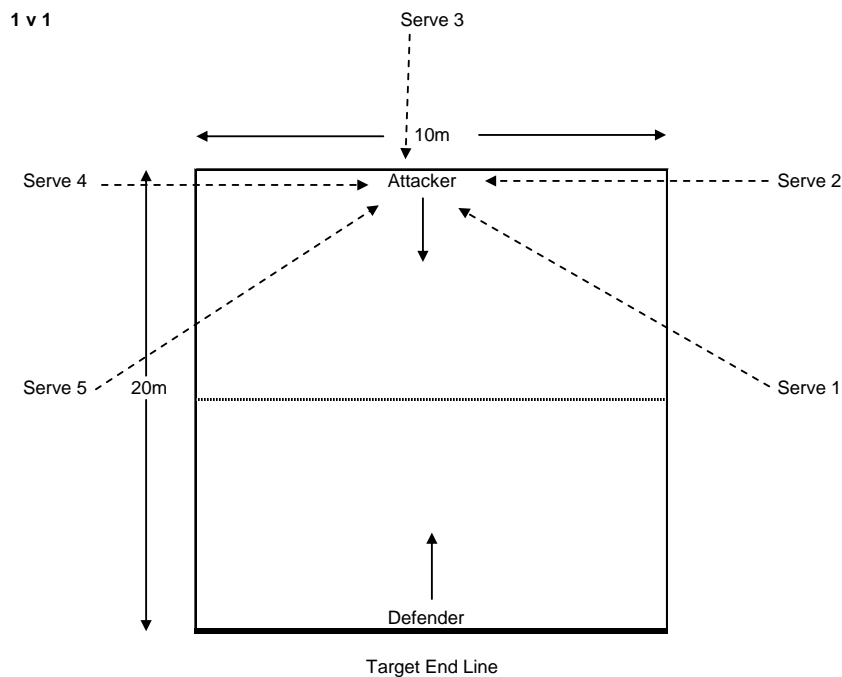
### 1 v 1

Coaching points:

1. Face the target (chest facing the target/goal)
2. Speed of the run (actual speed and acceleration)

Game:

- Attacker has 5 attempts to dribble past the defender and reach the target end line.
- Coach serves the ball from 5 different angles
- The coach first rolls the ball forward which allows the defender to move into their half of the field, **when the attacker calls** for the ball the coach plays the pass and the defender can then move into the other half of the field to close down the defender.
- Game ends when the defender wins the ball, the ball goes out of play or the attacker reaches the target end line.



Realistic game elements:

- Active defender and attacker
- Size of the area
- Direction
- Target

Decision making:

- When and where to attack the defender
- Select a technique eg step over

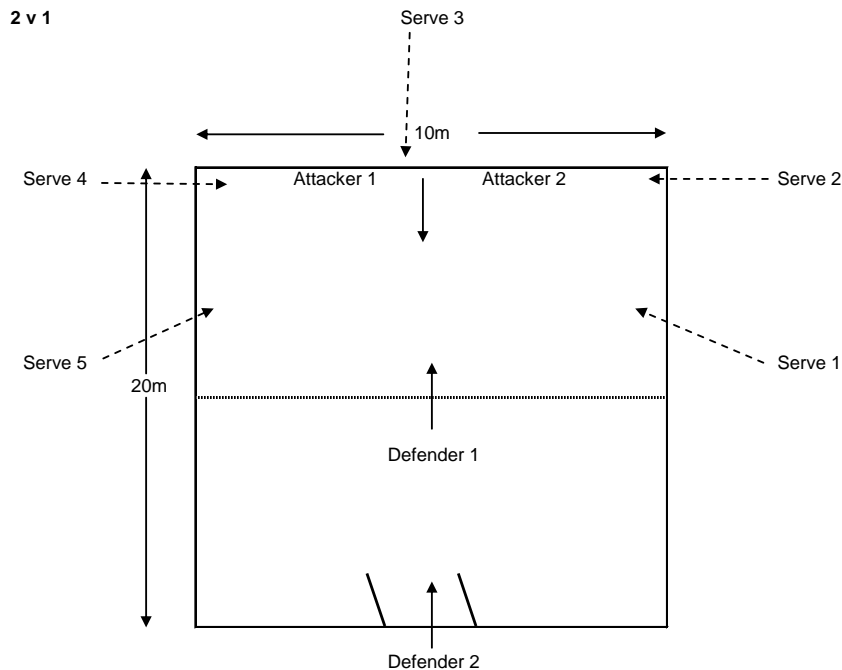
## 2 v 1

### Coaching points:

1. Same as with 1v1
2. Commit the defender
3. Communication

### Game:

- Two attackers attempt to beat Defender 1 in the 1<sup>st</sup> zone and then beat Defender 2 in the 2<sup>nd</sup> zone and score a goal.
- The coach serves the ball from 5 different angles.
- The coach first rolls the ball forward which allows the defender to move into their half of the field, **when the attacker calls** for the ball the coach plays the pass and the defender can then move into the other half of the field to close down the defender.
- Defender 2 cannot enter the field until the ball is in the 2<sup>nd</sup> zone.
- Game ends when the defender wins the ball, the ball goes out of play, offside is called or the attackers score a goal.
- The offside rule applies



### Realistic game elements:

- Active defender and attackers
- Size of the area
- Direction
- Target
- Offside rule

### Decision making:

- When and where to attack the defender
- Dribble or pass
- Select a technique eg step over/wall pass