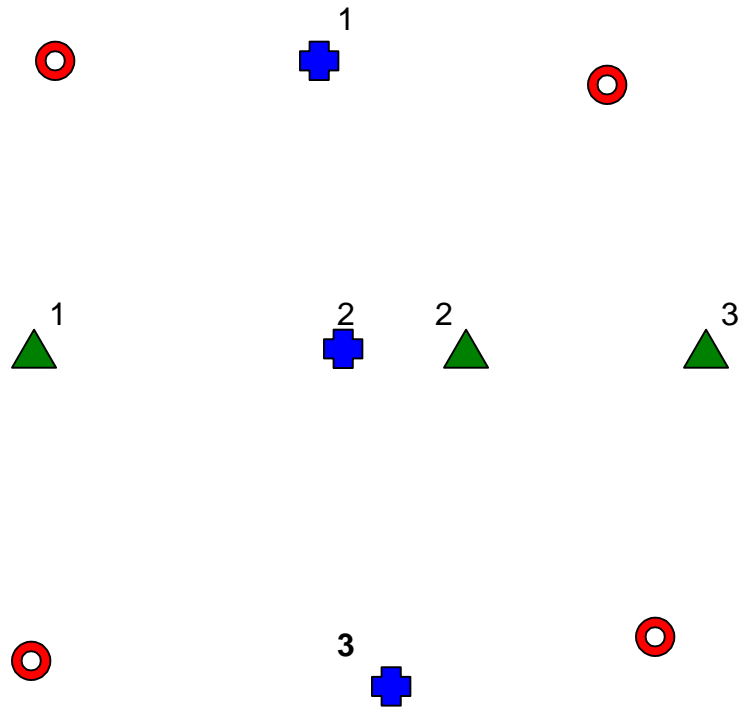


















The following is another example of a grid 1 v 1 that I got from John Crouch of *KickSmart*". The structure of this exercise is good because it's directional and is in an easy format for a coach to make practical coaching points for both offense and defense at the same time.



Set up a 1v1 box, approximately 15 yards to a side depending upon the teams age and ability. There are two teams of 3 players each preferably in separate colors. Set up the teams as shown below:



In this diagram, the  team is playing vertically end-to-end, the  team is playing horizontally end-to-end.

 2 in the middle has the ball and is defended by  2 in the middle.  2 is trying to beat  2 and connect a pass to  1 behind  2 . If successful,  2 takes up the bottom side while  1 steps in to take on  2 and connect to  3 at the other side.

If  2 wins the ball on defense, he quickly distributes to either  teammate on either side, steps off to that side while the  player receiving initiates a 1v1 against the  player who lost the ball.

So  's attack one way,  's attack the other. Certain number of connections can win the match and play against another team of 3.

You can stipulate that the attacker MUST get by the defender before Passing if you like.

Coaching Points:

- On defense...after attackers are having some success, you can let the side defenders be tacklers also IF the central defender channels the attacker far enough to the side that the side defender can reach in and tackle.
- This teaches the good principle of forcing attacker wide and for supporting defenders to be alert and look to double team.
- This also encourages **creativity and trickiness** with the ball to have success on attack