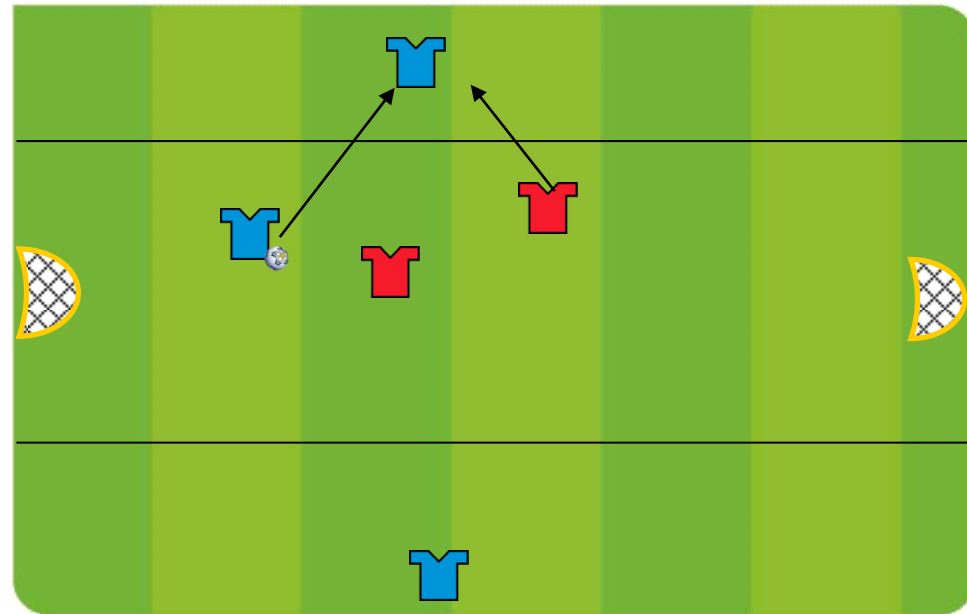
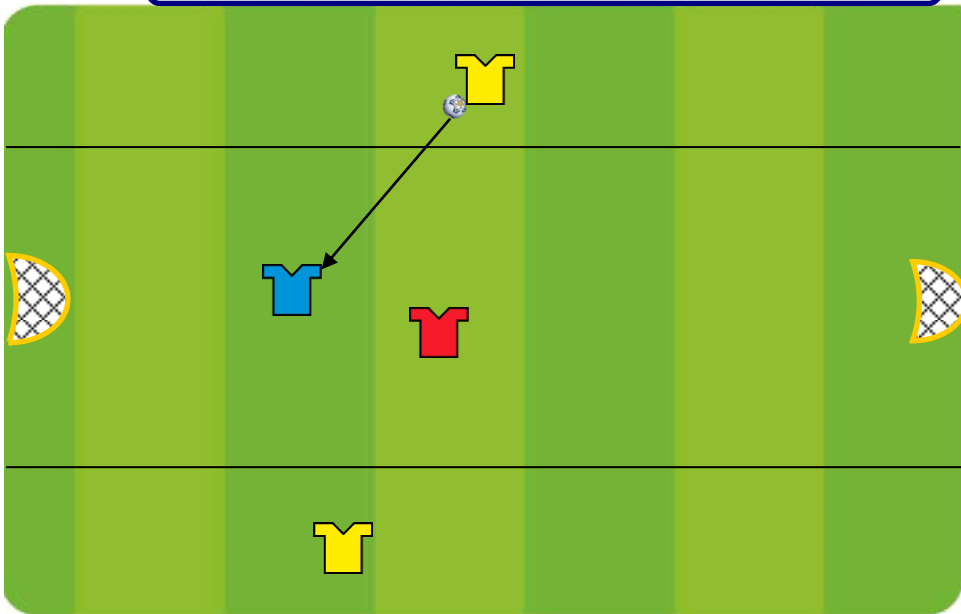


## Problem to solve: play 1v1 or play 1-2's



**Attacking Learning focus:** a) for player with the ball-recognize when to take player on in 1v1 and when to play 1-2's with support yellow player

**Defending Learning focus:** a) how to defend in 1v1 situations b) how to defend 1-2's  
**How to play?**

Size of playing area related to players ability and age. Yellow support player passes the ball to an attacking blue, who then either seek to beat red defender in 1v1 or using 1-2's with any support yellow players. If red defensive player wins the ball, he attacks an opposite goal with same conditions.

**Progressions-use them only if players recognize when to play 1v1 and when to use 1-2's and understand how to do it?**

**Progression 1:** Play 3v2, in wide areas 1v1 apply only. As soon as wide blue attacking player looking to received the ball, red defender seeks to win the ball back. Blue wide attacking player need to decide play 1v1 against red or link up play with central blue attacking player with 1-2's

**Progression 2:** Play 3v3-both teams starting in central areas. In wide areas is always 1v1 only

### Decisions, challenges & questions within the game

- When to play 1v1 and when to use 1-2's?
- How many touches we need to use to play 1-2's?
- Which direction the pass has to be made in 1-2's?
- Feet or space-where to pass in 1-2's?
- What starting position for an attacking player will be without the ball in 1-2's?
- As a defender do, I press player with the ball or stay with the runner in 1-2's?
- How do I beat marking defender in 1v1 without the ball?
- Individual challenges in relation to players ability and experience

- First touch in relation to position of defender
- Dribbling-further foot away from defender
- Quality of pass-accuracy

\*changing direction when dribbling  
\*maintain balance prior, during and after releasing the ball  
\*changing speed-managing in 1-2's situation

- Positive body language of wanting the ball-positional play in 1-2's
- Confidence of staying on the ball under pressure
- Focus and awareness of free space in 1-2's
- Problem solving 1v1 or 1-2's?

- Learning environment promote repetition of same situation-but different solutions 1-2's
- Peer to peer feedback
- Failure v success balance

