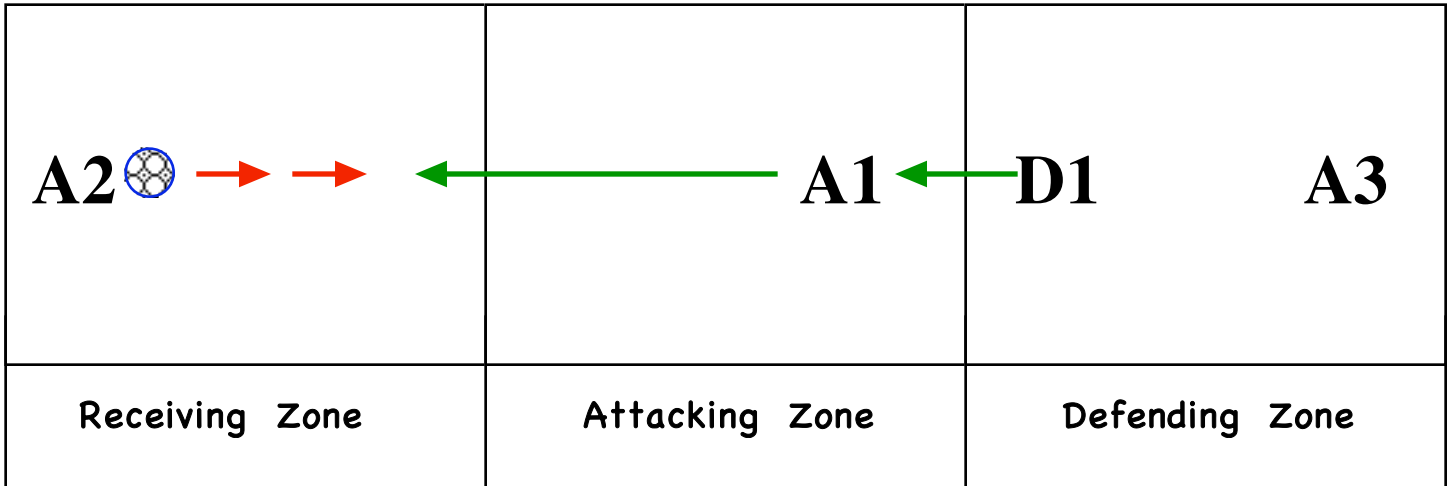


**TECHNICAL: 1v1 Variation**

*“1 + 2 vs. 1”*



**GRID SIZE:** 10 yards wide x 30 yards long = 3 boxes, each 10 x10 yards

**NUMBER OF PLAYERS:** 4 = 3 Attackers vs. 1 Defender

**DRILL SETUP:**

- > Attacker 1 (A1) lines up at edge of “Attacking Zone”, facing Attacker 2 (A2)
- > Defender 1 (D1) lines up at edge of “Defending Zone” (space between A1 and D2 should be 2-3 yards)
- > Attacker 2 has ball
- > Attacker 3 (A3) is in “Defending Zone”

**DRILL PROGRESSION:**

- > A1 checks back to ball and receives pass from A2
- > D1 follows
- > A1 has to get ball in possession into Attacking Zone and then pass to A3 who has to remain in “Defending Zone” but can move around the zone