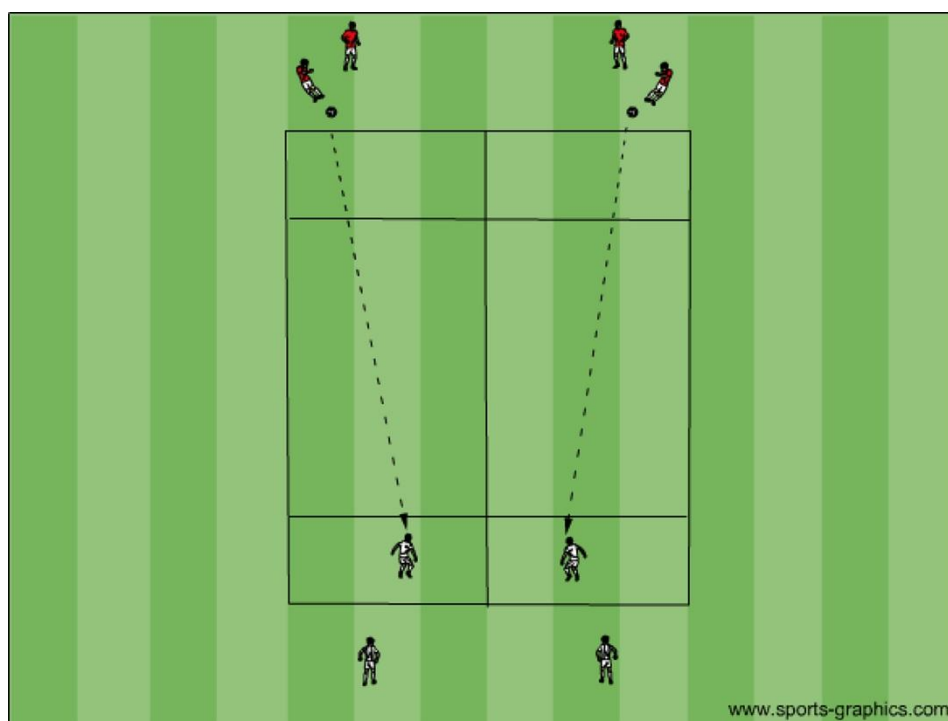


## 1 V 1 To A Zone



### Organization

- A 24 x 20 yard grid is divided in half and team (Red's and White's) are divided in half.
- Red's serve to White's who play 1 v 1 in their respective grid and try to beat the red player defending and stop their ball in the 3 yard deep grid the Red's are defending.
- If the red player wins the ball, he / she counters and
- tries to stop his / her ball in the grid the O player is defending.
- White's score 1 point when they reach the "Red" zone.
- Red's score 2 points for scoring in the "White" zone.
- Allow each player a possession before the player returns to their end.
- Play for 4 minutes, reverse roles; actively keep score.

### Coaching Points

One versus one play demands that both attacker and defender play "at speed." The attacking player should run at the defender with the idea to get behind the defender with a feint, dribbling move, or a change of speed—or a combination of all three elements. The attacker should work to take a "line" on the defender so that the attacker can run into space on either side of the defender. When the defending player closes the attacker down, good possessional dribbling / shielding should be exercised so the ball can be kept.

The Defending player should close down the attacker so that the ball cannot be played past the closing defending player towards goal (a shot or pass). The defender should position him/herself "side-ways on" and be prepared to give away a little ground when the attacking player runs toward the defender with the ball. Along the way, there may be a time to play the ball when it is offered.