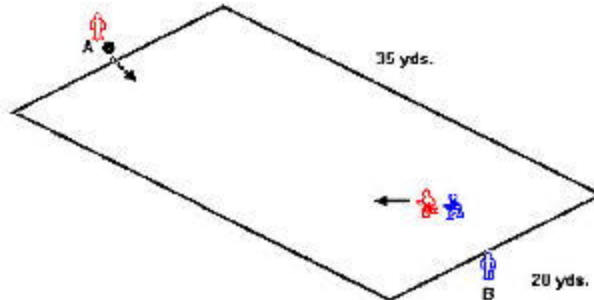


# 1 + 1 v. 1 + 1



## The Game

- The object of the game is to get the ball from one target "A" to the other, "B" without losing possession.
- Each time this is done, it is worth one goal.
- The attacking team keeps this sequence up until possession is lost (they can score as many goals in a row as possible).
- If the ball goes out of bounds, it belongs to the other team.
- Targets can move back and forth along their line.

## Coaching Points

### In Attack

- Encourage combination play between the players
- Have targets look for the player farthest from the ball
- Check away from the ball to create space for yourself, check back for the ball at angles.
- Receive the ball "sideways on" whenever possible.

### In Defense

- Make the attackers play the ball back whenever possible.
- Keep the play in front of you.
- Never get flat with each other.
- Take away options for the attackers, make the play predictable, use sideline as extra defenders.

## Variations

- Limit target players to one touch.
- Limit field players to two touches.
- Do not allow field players to play the ball back to the target they received it from.
- Play 2 v. 2 or 3 v. 3 in the middle.
- Make field players play it to each other at least once before they make a goal.