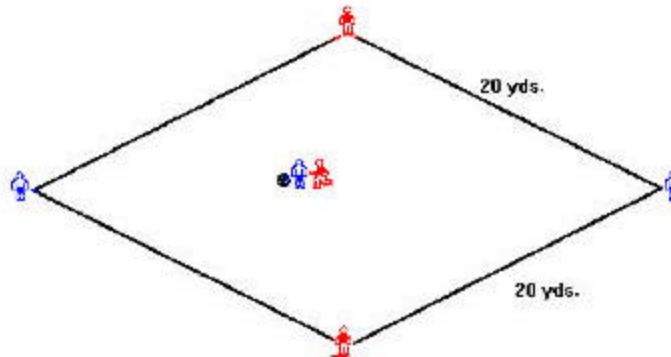


# 1 v. 1 Possession/Penetration

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## The Game

- 1 v. 1 in the middle. Offensive player attempts to receive ball from one of their target players and then play it to the other target on the opposite end of the diagonal.
- Whenever they play the ball out, to one of the targets, they switch positions with the player they passed to. The target brings the ball into play and becomes the field player.
- If defender wins possession of the ball, they start by playing it to any one of their targets, changing places with them when they do so.
- Score can be kept by allowing a goal every time the ball is played out to the opposite target.

## Coaching Points

For younger players:

- Focus on possession vs. penetration decisions of the field players.
- First attacker penetrates if possible, possesses when penetration is not possible.
- Start the activity having the field player just try to keep it from the defender, not allowing them to play the ball back. Teach escape moves at this stage as well as sideways on shielding.
- First attacker can then work on dribbling the ball sideways, across the field:
  1. This allows the attacker to possess the ball individually.
  2. It also opens up space for the second attacker who can thus immediately penetrate once a back pass is made, which often happens in a real game setting.
  3. Attacker decides to penetrate with a dribble if they are able to:

- Face the defender
    - If the defender is "lunging out"
    - Has open space in front
  - Defenders must look to constantly recover goal side and in line of penetrating passes.
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