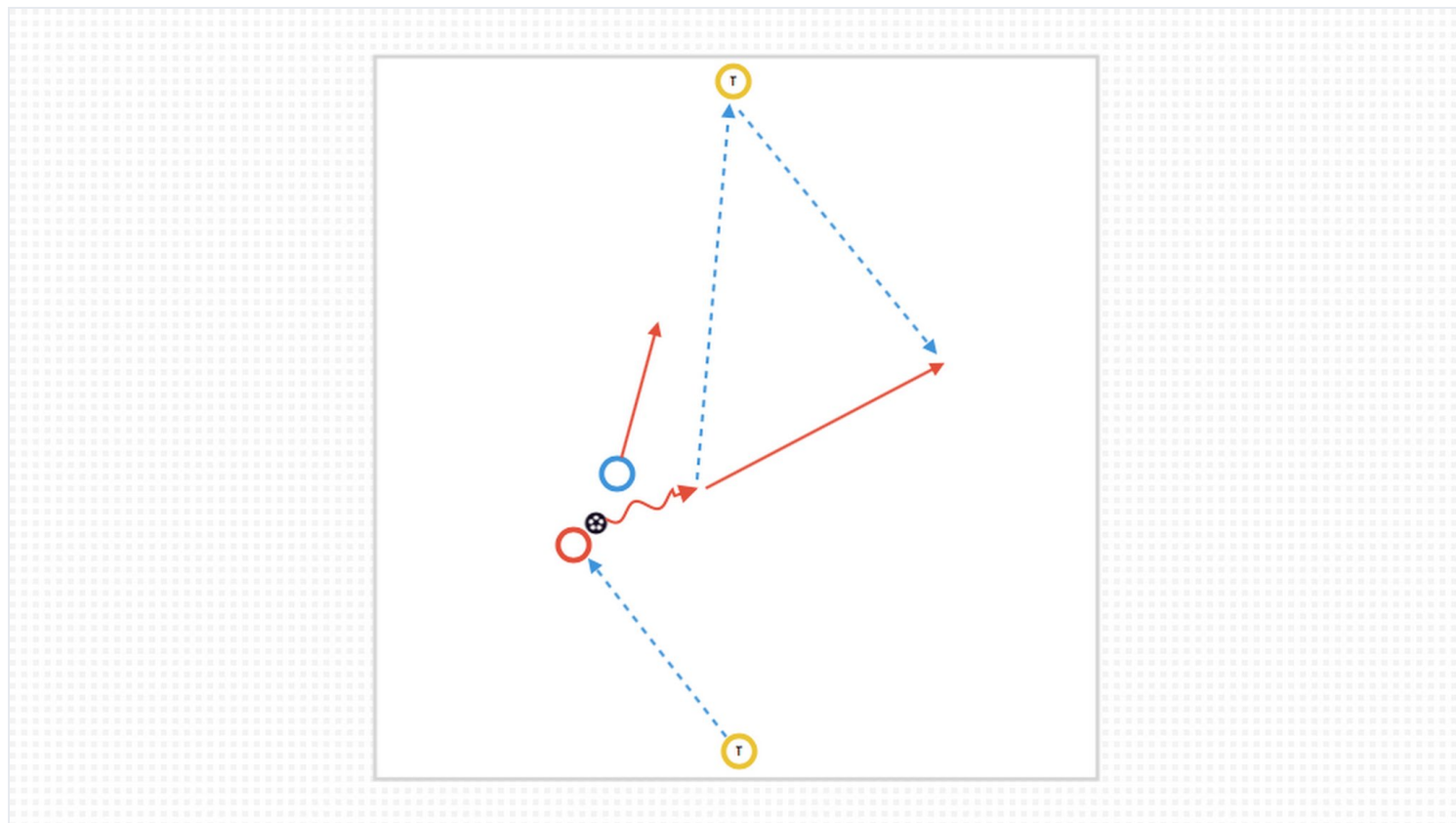


1v1+2

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Set Up

Organisation: 1v1+2 in each grid. **Activity** is physically intense so rotate players every 45 seconds. **Instruction:** 1v1 in the middle with two Targets that play with possession. **Game** is live for the 45 seconds and does not stop. **Points:** 1 point for every time the player connects with a different Target.

Coaching Points

- Win the space from the defender with feints, twists and turns to be able to receive.
- 'Go Dark' behind the defender when looking to receive to disguise your movements.
- Beat the defender with 1v1 to create space to generate passing lanes to the Targets.
- Use one Target player to help you move the defender around to be able to penetrate to the other.