

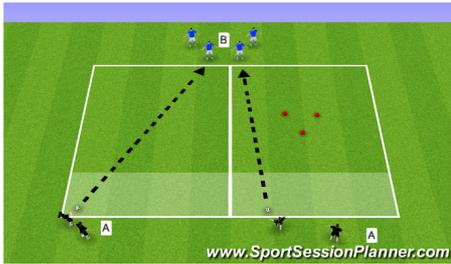


# Attacking 1v1 through 4v4

Category: Tactical: Attacking principles  
Difficulty: Moderate

Steve Davis, Westchester County, United States of America  
Individual-Adult Member

## Screen 1



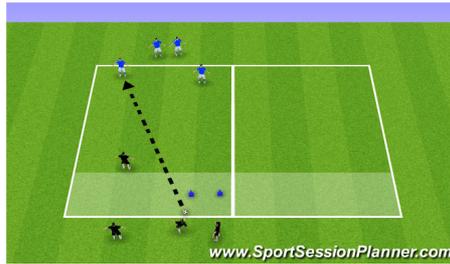
Set up is two 15x10 yard grids next to each other with two teams of four players each. One team has the balls and is stationed at the opposite of end of each grid as the other team as shown.

Defending team A passes to attacking team B, and follows their pass to defend. Attackers have to dribble into the shaded 5 yard area with the ball under control to score a point

### PROGRESSION:

1. If defender wins the ball they can attack the blue teams end line
2. Attackers can play back to a teammate who then attacks the defender 1v1
3. Add a triangle in each grid - if the attacker gets inside it, the defender cannot tackle them. The attacker has 2-3 seconds to leave the triangle and the defender has to run around one of the cones before they can chase

## Screen 2



Set up same as before but now players attack 2v1 and attempt to get the ball into the shaded area for 1 point. If they dribble the ball through the blue gate they get 2 points. Use just one of the two grids

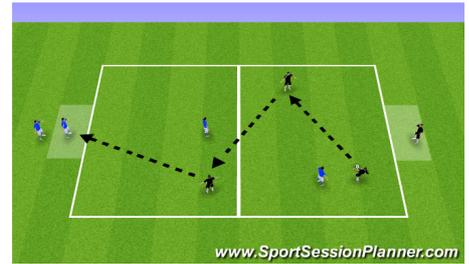
Offside rule is in effect for 9v9 teams - place cones at either side of the grid or use the defender as the offside line.

If defender wins the ball they attempt to dribble to the blue teams end line for 2 points or play back to their team for 1 point

### PROGRESSION:

1. Play 2v2 using the shaded area and the blue gate
2. Add another blue gate

## Screen 3



Set up same as before but now play is going lengthways (20 yards) - Play 3 black attacking 2 blue. The attacking team has to penetrate into the opponents half of the field and pass to the blue target player who is limited to moving within the shaded area (5 yards)

Once the attacking team makes the pass to the blue target, one of their players must get off the field and become the target (if you have four on each team the target will already be there) and the blue team now attacks using the target who received the ball and the two players who were already on the field.

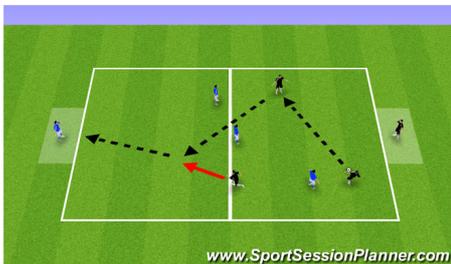
Defending team wins ball they can go straight to black target if inside opponents half, or play back to their target to create a numbers up situation.

Begin with no offside line for 9v9 teams but introduce one after 5 mins.

### PROGRESSION:

A player on the attacking team can play back to their player sitting out and switch with them for a patient build up

## Screen 4



Set up same as before - now play 3v3 to targets. Black team is trying to score a point by passing to blue target and blue is trying to play to black target.

Begin with attackers can only play targets from inside the attacking half, and then allow them to play from within their own half - try and encourage passes below head height. Attacking team can use their own target to switch or simply keep possession.

## Screen 5



Set up same as before (can make field a little larger depending on age/ability) and now play 4v4 to two small goals at each end. You can add a third goal in the middle at each end if the field dimensions allow. Have a server with a supply of balls at the middle

### PROGRESSION:

1. Divide the field into quarters and the defending team can only have two players in a quarter at the same time in their own half - the attacking team can have 3 players to create an overload
2. Any player who scores a goal has to run around the goal and the server sends a ball in to create a numerical advantage for the attacking team

## Screen 6



Finish with a 7v7 or 9v9 game