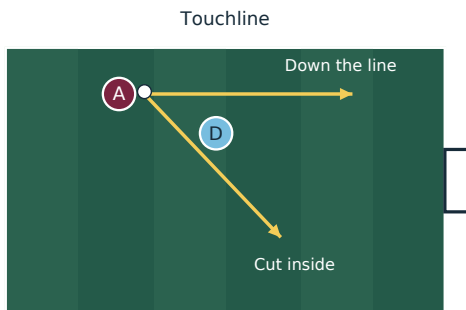


# The four types of 1v1

## 1. On the side

The touchline limits one escape route. The attacker must read the defender and decide whether to go down the line or come inside.



A Attacker D Defender  
Solid arrow: carry | Dashed: pass / shot  
Illustrative action; read the live defender.

**Attacking cues:** Threaten both routes. Use body feints and changes of pace; protect the ball when the defender gets alongside.

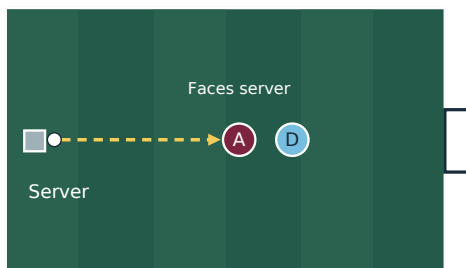
**Defending cues:** Use your approach angle to guide play. Stay balanced, protect the dangerous route and avoid diving in.

**Watch for:** Does the attacker respond to the defender's position, or repeat the same move regardless?

**Game connection:** A winger isolating a fullback or a wide player escaping pressure.

## 2. Back to goal

The attacker receives facing away from the target, with pressure behind or on one shoulder. The first decision is whether to protect, turn or move to create room.



A Attacker D Defender  
Solid arrow: carry | Dashed: pass / shot  
Illustrative action; read the live defender.

**Attacking cues:** Scan before receiving. Recognise the pressure, keep the ball on the safer side and turn when space opens.

**Defending cues:** Stay connected without pushing or holding. Deny the turn and challenge when the ball is exposed.

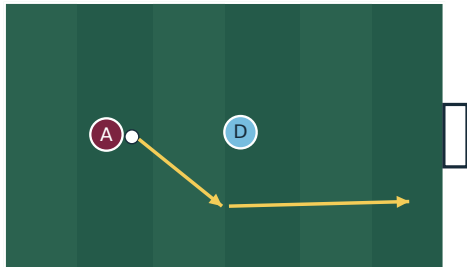
**Watch for:** Does the first touch fit the pressure? Avoid blind turns and shielding that never leads to a next action.

**Game connection:** A striker receiving into feet or a midfielder receiving with pressure from behind.

# The four types of 1v1

## 3. Facing forward

The attacker sees the defender and target ahead. The challenge is to engage the opponent and create a route past them or a clear shooting lane.



A Attacker D Defender  
Solid arrow: carry | Dashed: pass / shot  
Illustrative action; read the live defender.

**Attacking cues:** Attack available space. Read distance, body shape and momentum; use disguise, a change of direction and acceleration to exploit an opening.

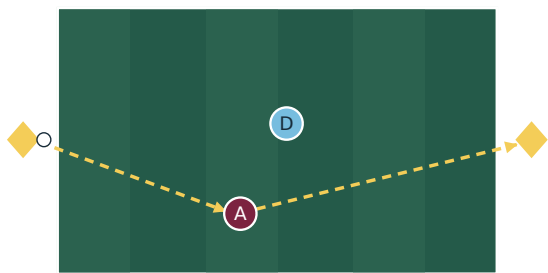
**Defending cues:** Close space under control, slow down as you approach and adjust your feet. Delay or win the ball without overcommitting.

**Watch for:** Does the attacker create an advantage and use it? A trick alone is not success.

**Game connection:** A player driving at a defender in open play.

## 4. Without the ball

The duel starts before receiving. The attacker must escape a marker, open a passing lane and time the movement with the passer.



Target A Attacker D Defender Target  
Solid arrow: carry | Dashed: pass / shot  
Illustrative action; read the live defender.

**Attacking cues:** Scan the ball, marker and next target. Change direction or speed, use the marker's blind side and arrive as the passer is ready.

**Defending cues:** See both player and ball. Track movement, close the passing lane and intercept when the opportunity appears.

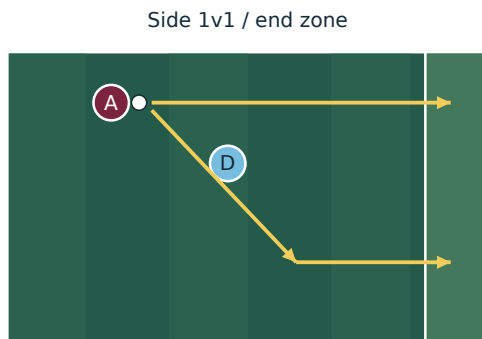
**Watch for:** Does the movement create a useful receiving angle and next action, or just more running?

**Game connection:** A midfielder getting free between opponents or a forward separating to receive.

# Design guide / Scoring

The target shapes the decision. Make the scoring rule clear before the first repetition.

## To an end zone



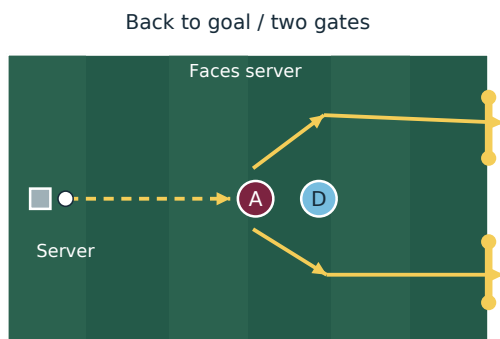
A Attacker D Defender  
Solid arrow: carry | Dashed: pass / shot  
Illustrative action; read the live defender.

**Score:** Dribble into the far end zone with the ball under control. Kicking it into the zone alone does not score.

**Encourages:** Carrying beyond an opponent and accelerating with control.

**Watch:** Heavy touches and foottraces; make sure the duel still requires a decision.

## Through two gates



A Attacker D Defender  
Solid arrow: carry | Dashed: pass / shot  
Illustrative action; read the live defender.

**Score:** Dribble through either of two separated gates under control. Only one gate is needed to score.

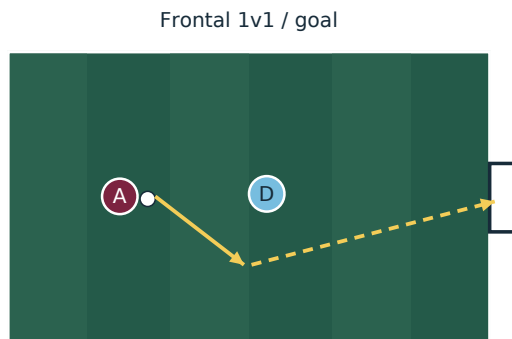
**Encourages:** Deception, changes of direction and reading the defender's momentum.

**Watch:** Gates so close there is no choice, or so far apart the defender cannot compete.

# Design guide / Scoring

The target shapes the decision. Make the scoring rule clear before the first repetition.

## To a mini goal / big goal (if keepers are available)



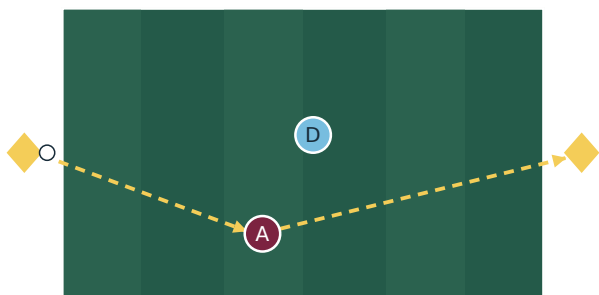
A Attacker D Defender  
Solid arrow: carry | Dashed: pass / shot  
Illustrative action; read the live defender.

**Score:** Finish into the mini goal / big goal (if keepers are available) when a shooting lane opens. Require beating the defender first only if that is the learning focus.

**Encourages:** Creating a shooting window and choosing when to dribble or finish.

**Watch:** Repeated shots from the start that bypass the intended duel; adjust the starting picture or add a finishing area if needed.

## Connect two end targets



Target A Attacker D Defender Target  
Solid arrow: carry | Dashed: pass / shot  
Illustrative action; read the live defender.

**Score:** In 1v1 + 2, receive from one end target and pass to the opposite target for one point. Then reverse direction.

**Encourages:** Getting free to receive, scanning and linking movement to the next pass.

**Watch:** Targets cannot pass directly to each other. A return to the same target is a reset, not a point.

# Design guide / Build & adjust

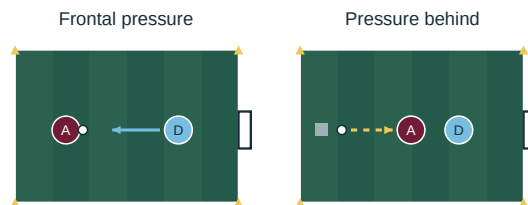
## 1. Choose the problem

|                 |                  |                 |                |
|-----------------|------------------|-----------------|----------------|
| Side            | Back             | Forward         | Off ball       |
| Inside or line? | Protect or turn? | Carry or shoot? | Where to move? |

Choose one decision to observe

Pick one of the four types and one main behavior to observe. For example: turn away from pressure, deceive a defender or separate to receive. The types can overlap: a wide player may also receive back to goal.

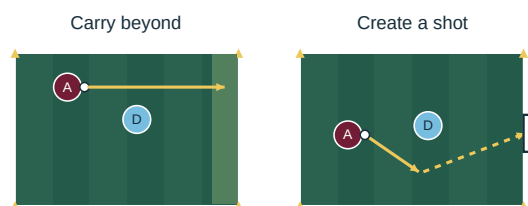
## 2. Set the starting picture



Same duel, different starting picture

Choose whether the attacker starts with the ball or receives a pass. Vary the defender's angle, distance and movement. Make the ball live on the pass or first touch and tell both players when they can compete. A server only feeds the ball unless you deliberately add a support option.

## 3. Match the target to the focus



The target changes the final action

Use end zones for carrying beyond, two gates for directional choice, mini goal / big goal (if keepers are available) for finishing and end targets for getting free to receive. The first three can be paired with side, back-to-goal or facing-forward starts.

## 4. Give the defender a next action

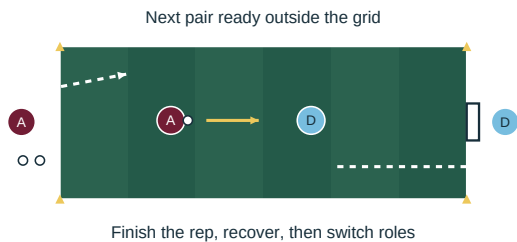


Blue attacks left; burgundy recovers (white arrow)

In the first three scoring formats, let the defender counter by carrying over the attacker's starting line after winning possession. The attacker reacts immediately to defend. In 1v1 + 2, switch roles on controlled possession: connect with either target, then work toward the opposite end.

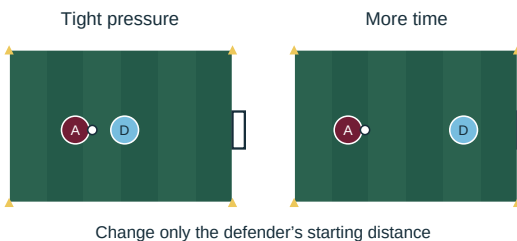
# Design guide / Build & adjust

## 5. Keep repetitions useful



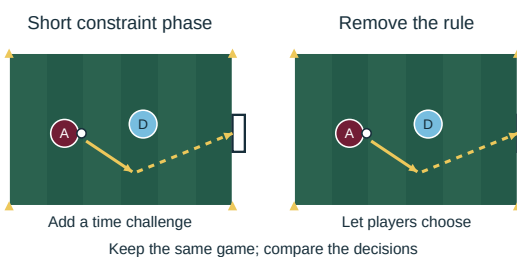
Restart after a score or the ball going out; keep spare balls ready. Alternate attacker and defender, practise from both sides and rotate end targets. Use short, intense bouts with enough recovery to preserve quality. Avoid long queues.

## 6. Adjust one variable



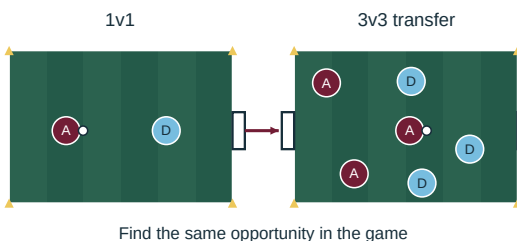
If players cannot get started, ease the initial pressure or allow more room. If attackers bypass the duel too easily, bring the defender closer or reduce the escape space. Change one thing, watch several repetitions and judge whether the intended decision appears.

## 7. Use constraints sparingly



Start with free touches. Add a time challenge only if players delay unnecessarily; avoid touch limits that prevent shielding, dribbling or turning. Do not prescribe a particular trick. Remove the constraint and see whether the behavior remains.

## 8. Check transfer



Ask: What did you see? What did the defender offer? What helped you get free? Finish with a small-sided game and observe whether players recognise the same opportunity without being told.

1v1 + 2: A deflection alone does not switch roles. Restart out-of-bounds balls with a target and clear roles.