

1v1 to 2v2 to Goal

Category: Tactical Possession Drill
Difficulty: Intermediate -> Advanced
Drill of the Week #1

1v1 to 2v2 to Goal (30 minutes)



Goal: To win a 1v1 on the outside of the field by entering the gate to join your teammate for a 2v2 to your goal cage.

Skill Emphasis: 1v1 stick skills, vision to pass to a teammate and shooting

Drill:

1. The drill is played inside the 23-meter area with the boundaries being the game sideline, endline and 23-meter line. A goal cage is on the end line and another cage is directly in the middle of the 23-meter line with yellow cones down the sides to make a main grid. Include a red gate on each interior sideline. Split the teams into two even groups; black (X's) and white (O's). Have X2 and O2 start inside the goal cage grid and everyone else on the endline or 23-meter lines.
2. X1 passes to O1 and they play 1v1 on the outside of the main grid. The 1v1 is completed once one of the players gets through the red gate and into the main grid.
3. Once they enter the main grid, they join with their teammates X2 and O2 and play directional 2v2 to goal.
4. Once the 2v2 is completed the players that just completed the 1v1 (X1 and O1) stay in the grid and then X2 and O2 go back in line behind their teammates.
5. The drill begins again from the other side of the grid with another 1 on 1.
7. Play sets for 3-5 minutes and play 3-4 total sets in the 30-minute session.

Recommendations:

- This drill can evolve to a 1v1, 2v2 and then add the next 1v1 from the other side to join and make a 3v3.
- Emphasize speed in the 1v1 to get to the gate with the ball. A defender in the 1v1 can make a take and they can enter the red gate. Possession can change throughout the drill.
- Each team, X's and O's, always shoot in the same direction. Alternate who starts and feeds the ball in the 1v1 (X or O).